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SOCIAL CONTACT AND THE ELDERLY

BY

MIRIAM THOMAS PALAKKAMANIL

(C)

A THESIS

SUBMITTED TO THE FACULTY OF GRADUATE STUDIES AND RESEARCH IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE DEGREE OF MASTER OF SCIENCE

IN

FAMILY STUDIES

FACULTY OF HOME ECONOMICS

EDMONTON, ALBERTA

(SPRING/1986)

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Supervisor

Date: April 17/86

Abstract

The purpose of this study was to determine which of the three personal factors: age, gender and marital status, relate to the amount of contact the elderly have with their families and friends.

The study population consisted of 601 persons aged fifty-five to one hundred years. Individuals in the study were interviewed by students from the department of Family Studies. Data were derived from information obtained from selected sections of an interview instrument designed by Dr. Norah Keating for the purpose of assessing the needs and resources of elderly people.

Analysis of variance was utilized as the statistical technique to determine the main and interaction effects of the three personal variables on the amount of contact the elderly have with their families and friends. Findings revealed gender to be significantly related to the amount of contact the elderly have with their families. No main effects were noted for age or marital status on the amount of contact the elderly have with their family. The second finding revealed marital status to be significantly related to the amount of contact the elderly have with their friends. However, no differences were noted for age or gender in the amount of contact the elderly have with their friends. No significant interaction effects were noted for any of the three personal variables for either contact with family or friends.

As this research displayed a variety of conflicting findings, a number of possible explanations were sought. Implications were also drawn from the findings of the study.

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Introduction

Background to the Problem

Interaction patterns of the aged with their families and friends have stimulated much interest and research for the last three decades and considerable information about contact the elderly have with their family and friends has been produced. The research has involved a variety of dependent and independent variables ranging from societal to inter-personal to personal.

In reviewing the literature summarized in earlier reviews (Conners, Powers & Bultena, 1979; Edwards & Klemmack, 1973; Graney, 1975; Larson, 1978; Leigh, 1982; Mancini, 1979a), it can be noted that researchers have tended to look at the social relations of the old through many lenses, but most have come away with an image of the elderlys' social worlds as contracting and of the elderly as withdrawing from the many forms of community life. Viewing old age from this perspective, aging is accompanied by important changes in roles and relationships. Such changes often include the launching/departure of children, the loss of the work role, the loss of spouse and the process of aging. For instance, with the departure of children, parental roles and responsibilities are found to diminish greatly. With retirement, work responsibilities are noted to decline (Rosov, 1967). With widowhood, the content of the family role is considerably diminished with social isolation most likely to increase (Arling, 1976; Bock, & Webber, 1972). Lastly, some researchers have argued that with increasing age, especially with the onset of illness, disabilities, death of peers or income problems, the social participation of the elderly is greatly constrained (Blau, 1973; Booth, 1972). Some of these changes like the changes brought about on the event of widowhood may occur significantly early in life for some, especially women. However, there are some changes in roles and relationships which occur much later in life. For

instance, the change brought about by the departure of children may occur even after the parents have entered later life. In this context, later life can be defined as life after 55 years. Finally, there are some events and their related changes in roles which never occur in later life. For example, in many cases, full retirement from the work force does not occur.

While acknowledging that constraints on participation increase as a person grows older (Steuve, 1983), there is some recent evidence that suggests that older people continue to participate in the give and take of social relations, contributing to their social worlds in many different ways. It is now being acknowledged (Larson, ZuZanek & Mannel, 1985) that the elderly person released from many of the obligatory demands of work and family, experiences greater discretion over the use of her time, perhaps more than at any other time in her adult life. Given that most older persons are in relatively good health for much of the time (Lutsky, 1980), it is not surprising that they remain engaged in social relationships which entail both the provision and acceptance of help and support.

Although the elderly are often seen playing active roles as members of the informal networks of their families, friends and neighbours, the existing body of literature on social participation of the elderly indicates that personal characteristics are related both positively and negatively to the amount of social contact the elderly maintain. Personal characteristics in this context can be defined as identifying factors associated with a person. For example, marital status tells us whether a person is married, widowed, single or divorced. Sometimes personal factors enhance social interaction, at other times, personal factors constrain social contact. For instance, research focussed specifically on the social relationships of the elderly shows that the configuration of the elderly's network is largely a function of the interaction of gender

and marital status among other factors (Bock, 1972; Bock & Webber, 1972; Booth, 1972; Harvey, 1973; Harvey & Bahr, 1974; Pihlbald & Adams, 1972). Berardo (1970) and Pihlbiad & Adams (1972) indicate that the death of a spouse has a more detrimental effect on the social relations of elderly males than females. As regards to the personal factor age, some researchers see age as being positively associated with contact (Rosencranz, Pihlbald & McNevin, 1968) while others suggest that the opposite may be the case (Clark & Anderson, 1967).

Statement of the Problem

From the above discussion, it is clear that certain personal characteristics are related to the amount of social contact the elderly maintain. Further it can be argued that the findings pertaining to the relationships between the three distinct personal characteristics: age, gender and marital status and the amount of contact the elderly have, are not consistent. Some researchers have restricted their study to contact with family; others have studied friendship relationships. However, what this author hopes to investigate is the relationships between these three personal factors and the amount of contact the elderly have with their families and friends. Family in the context of this thesis will be restricted to children. Friends will refer to acquaintances. Therefore, the research question for this study is: How do age, gender and marital status relate to the amount of social contact the elderly have with their families and their friends?

Justification

Larson, ZuZanek & Mannel (1985) point out that contact with other people continues to be important to an older person. The availability of other people provides to the elderly person an insulation against stress (Snow & Crapo, 1982; Ward, LaGory & Sherman, 1979) and stable relations in the lives of the elderly act as buffers against emotional hardships associated with old age (Liang, Dvorkin, Kahana & Mazian, 1980;

Strain & Chappell, 1982). Thus, the study of person to person contact of the elderly seems justifiable.

The reasons for studying contact the elderly have with their families are based on predictions that in the near future the family, now seen as the most effective respondent to the needs of the elderly (Rosov, 1976), may not continue to be so. As Treas (1977) suggests, the relative importance of the family as a helping institution may decline considerably in the future. This has been suggested by two major trends which have begun to have and will continue to have a profound impact on the ability of the family to provide help to their elderly members. The first is the accelerated increase in the proportion of people who are very old (Brody, 1981) and the second is the large scale entry of women into the work force. The concept "very old" refers to persons above the age of 85 years.

These trends will soon result in situations wherein the children who are caretakers, would themselves be old. They too, would be experiencing a sense of rolelessness and normlessness; they too would be becoming isolated and marginal to the social worlds around them. Women who are the principle contact bases will have other roles to play in the work force.

With the family caught in such a situation, what would be the role of the family as a supportive institution? Would it be able to play its role as a network of social relationships, providing social integration to its elderly members? Would it be well suited to meet the socio-psychological needs of the elderly? Would it be able to provide regular visits to its elderly members?

If the family's role in providing social integration is limited, perhaps friendships could be an effective supplement or substitute (Cumming & Schneider, 1961; Keller, 1968). A similarity of personal characteristics and experiences the elderly

share with their friends and neighbours could lead to the probability that the elderly would engage in relatively frequent person to person interaction with their friends. Therefore, by predicting that changes in the patterns of social interaction the elderly have with their families are likely to occur in the near future, it would be justifiable that the patterns of interaction the elderly have with their friends be explored.

Next, in understanding adaptation to old age, it seems that it is not just how often or with how many one interacts that is important (Powers & Bultena, 1979) but rather the conditions under which contact occurs. Thus, it is timely to focus attention on the characteristics that affect contact (Conners, Bultena, & Powers, 1979).

In justifying why the relationships between the three personal factors: age, gender and marital status need be studied, it can be said that through a study of the relationships between the three personal characteristics and the amount of contact the elderly have with their family and friends, knowledge will be provided as to which of the three personal factors motivates and shapes social contacts among the elderly.

There are other reasons too, as to why these particular personal characteristics have been selected. Age has been chosen as a factor for study primarily because most of the research studies conducted to date have concentrated on the elderly population living in age segregated settings (Hochschild, 1973). However, through this study, what can be hoped to be achieved is a clearer understanding of whether age in age-heterogenous environments acts as an enchancing or a constraining factor. The next personal factor, gender, has been selected chiefly because there are areas in previous investigations where the findings and conclusions reached are neither consistent nor clear. While some studies have found a strong relationship between social contact and gender (Pihlbald & Adams, 1972), others like Petrowsky, (1976) contradict this contention. Therefore, it is important to study gender with the hope

that a further study will provide more clarity as to the relationship. The last personal factor, marital status, has been chosen on the grounds that the conclusions reached by earlier researchers are not clear. While some investigators (Booth, 1972) have found a positive relationship between social interaction and marital status, others (Petrowsky, 1976) have found marital status and social contact to be unrelated. A further study on the relationship between marital status and contact should lead to a clearer understanding of the relationship.

Conceptual Framework

Introduction

For the purposes of this study, the developmental framework has been selected to examine the extent to which age, gender and marital status relate to the amount of contact the elderly have with their family and friends. As this study is concerned with individuals as they pass through normative/non-normative changes, the ability of the developmental framework to deal with both the passage of time and with the internal affairs of the individual makes the developmental framework aptly suited for the study. Normative changes are those changes, brought about by life events, which normally occur at particular phases in the life-cycle. For example, the change brought about by retirement at the age of 65 can be considered normative. Non-normative changes are those changes which are brought about unexpectedly by a particular life event. For example, the change brought about by widowhood at a young age can be said to be non-normative.

Developmental Framework

Central to the developmental approach is the concept of family life-cycle stages in which the family history is broken down into successive stages. Evelyn Duvall (1977), one of the leading proponents of the developmental approach, states that a longitudinal picture of family life can be obtained by using the family life-cycle as a frame of reference. She and other developmentalists such as Aldous (1978), Hill (1964, 1965, 1970) and Rodgers (1973), contend that all families have successive phases and patterns that occur from the creation of the family unit, to its end by the death of its members or by the dissolution of the family unit. The developmental approach, while recognizing that each family is unique, lays stress on the commonality of sequences and behavior families demonstrate as they progress through the life-cycle

(Rodgers, 1973).

Life-cycle stages are periods of social process time during which families experience a similarity of structure and function (Rodgers, 1973). Normative events such as marriage, birth of a child, launching of children, retirement and widowhood create changes in structure, function and in personal characteristics. Phases in which a family has pre-school children or adolescents or in which the couple/individual is alone in retirement or widowhood are examples of social process time periods that form the basis for family life-cycle stages.

As they change in structure and function through the life-cycle, families/individuals encounter stage-critical developmental tasks. Adjustment to a newly married state or adjusting to retirement and/or widowhood are examples of such tasks. Meeting these stage-critical developmental tasks may also require adjustment to the individual's needs and expectations regarding the basic developmental tasks.

In summary, it may be said that the developmental framework using the family life-cycle stages as a frame of reference, envisages families as experiencing commonalities in both structural and functional changes as they pass through distinct family life-cycle stages. Such commonalities in structural and functional changes over time are likely to have an effect on the amount of contact the elderly have with their families and friends. For example, the departure of children not only results in a reduction in the size of the family unit; it also results in the loss of parental roles, with no new roles to substitute for the old ones. From a theoretical perspective it can be argued that with no new roles to take the place of the old ones, more opportunity is provided to the elderly to direct their time and energy into establishing and maintaining social ties. This suggests a significant difference in the amount of social contact between those who have familiar roles to play and those who have not.

Contracting Phase of the Family Life Cycle

Individuals in this study belong to what has been termed the contracting phase of family life. The contracting phase refers to the last phase in the family life-cycle when adults are relieved of their occupational and child-rearing roles and responsibilities. This phase begins when the last child leaves home (Borland, 1982) extending through retirement and the loss of spouse. The major structural change in the family during this phase is associated with the reduction in the size of the family unit brought about by the departure of the children. Changes in function during this phase include the loss of the parenting role, the loss of the work role and in many cases the loss of the marital role. Other changes in functioning are based on the physical aging process. The physical aging process is accompanied by a gradual deterioration in health, by changes in physical appearance and by a slowing down of mental and physical activities. Thus, some see old age as a time of rolelessness (Jerome, 1981), with almost no requirements and few normative patterns of interaction to keep the elderly involved. However, with these changes in structure and function, old people in this phase are freed to direct more of their time and energy into other activities such as establishing and maintaining social ties. Their resources may be directed towards developing new interests and social bonds (Atchley, 1975; Duvall, 1977). Blau (1973) says that although the loss of one social status is generally accompanied by entry into another social status, transitions related to retirement, widowhood and to the onset of old age are particularly difficult primarily because there are no new roles to take the place of the old ones. This in turn should affect the amount of contact the elderly have. Neugarten (1972) argues that these transitions reflect changes in energy, in capacities and in resources available to the individual. Changes tend to be gradual, emerging early in some, late in others and for most involving a constriction of physical

and social life space.

In summary, it may be stated that the aging process accompanied by psychological, behavioral and physical and social status changes will likely affect interaction.

Theoretical Explanations of Interaction

Differences in contact with family and friends by age

There are two different theoretical ideas which suggest that interaction increases as a person ages. One of these is the idea of a time-energy budget, described as a finite amount of time and energy available for close relationships (Bott, 1971; Granovetter, 1973; Wilson, 1975). As time and energy demands for the family of procreation decrease, more time and energy remain for interaction with kin for whom little time was available earlier in the life span. The second theoretical explanation of interaction increasing over the life span (Rosenberg & Anspach, 1973, Troll, Atchley, Miller R., 1979) is based mainly on the data of Cumming and Schneider (1961) in their study of 220 adults between the ages of 50 and 80. They imply that with increasing age, family ties become more valued while economic status and achievement aspects become less important. Thus, while people become more disengaged from other roles and demands in society, an increase in kinship interaction occurs. A similar theoretical argument (Cumming and Henry, 1961) from the same research, is that older people disengage from society and from relatives and friends.

From a theoretical point of view, it can be proposed that even if the feeling of closeness increases with old age, the physical aging process in itself will impede social contact, resulting in lower rates of social interaction between the elderly and their kin. It can also be proposed that there would be significant differences in the amount of social contact the young-old and the old-old have with their friends and family. Here

the young-old refers to those persons between the ages 55-75 years. The old-old person between the ages of 76-100 years.

Decreased interaction. Rosenberg and Anspach (1973) and Troll, Miller and Atchley (1979) have proposed a theoretical rationale for a decline in interaction in the later stages of the life span. Their idea was based on the works of Wilmont and Young (1957) who concluded from their data on working class kinship relations in London, that parents play a central role in kinship interaction. Wilmont and Young (1957) suggest that relatives are a part of a person's life because of the attachment to parents and because of the interaction which occurs at the parent's home. The parents act as intermediaries with siblings, grandparents and extended relatives. When the parents are no longer living and the mediating link is lost, the relationships with these relatives is decreased or attenuated. From this it may be implied that when a person becomes a member of the oldest generation, and when the mediating link of parents is no longer present, contact with kin generally declines.

The disengagement theory also postulates decreased rates of social interaction in the daily lives of older persons which are functionally advantageous to both the individual and the larger society and are often initiated by the older person. Disengagement is seen as a voluntary process satisfying to the individual because of the increased personal autonomy induced by decreased expectations of normative behavior.

The activity theory generally assumes much the same behaviour phenomena in old age as the disengagement theory. Most statements of the activity theory do not deny the disengagement theory postulate, that "old age is characterized by decreased social interaction". They too, take as "given" the assumption that "vis-avis a younger statistical aggregate, the rate of social interaction for older persons is not so high" (Dowd, 1975). However, neither theory argues that "old age is characterized by

anything but a general decrease in social interaction (Dowd, 1975).

Constant interaction. Brown (1974) has suggested that the disengagement theory also provides an explanation as to why interaction might remain constant in the later period of the life span. This theory predicts that as people grow older, an inevitable process occurs "in which many of the relationships between a person and other members of society are severed and those remaining are also severed in quality" (Cumming and Henry, 1961, p. 211). As a person disengages from society, interaction with kin, especially close relatives, becomes increasingly important and "the last social stronghold to which the elders cling" (Brown, 1974, p. 261). Brown argues that for a large majority of older people, interaction remains constant, especially with immediate relatives, as disengagement occurs in other roles.

To summarize, these theoretical explanations assume that with old age, the frequency of interaction with family and friends is high, low or is unchanged. One school of thought assumes that with increasing age, interaction with family and friends increases. Others assume that even though the feeling of solidarity is likely to increase with age, older people are generally likely to disengage from their family and friends. Another school proposes that as a person disengages from society, interaction with kin increases. Others state that with old age, the frequency of interaction with family is either high or low, depending on whether the mediating link, that is, parents, is present.

Differences in Contact with Family and Friends by Marital Status

Marital status is a significant type of social engagement, in that it is likely to influence the quality of a wide range of interpersonal ties between an individual and his associates. In old age, two marital statuses are predominant: being widowed and being married. Being married is a status which maintains continuity in social engagement in

old age relative to earlier life. Becoming widowed produces discontinuity.

Maintaining continuity in social engagement, as far as one's marital status over the life-cycle is concerned, means that everyday life remains a relatively uninterrupted life-style which was developed in conjunction with a spouse. The married person's style of everyday life depends significantly on the supportive efforts of a spouse. If one accepts the principle that close relationships must be cumulative, given finite amounts of time, and emotional energy, one is led to believe that those with spouses will have fewer needs to be met and less available time for involvement with other intimates. From this it can be implied that married people have lesser contact with friends/family.

Experiencing discontinuity in social engagement through widowhood, brings with it rather severe changes in everyday life. Becoming widowed means that the everyday routines previously supported by the spouses' efforts are disrupted.

Dowd (1975) argues that certain patterns of interaction are sustained over time because there exists normative expectations specifying the maintenance of such interaction and because such interaction fulfills some socially required need. However, with a change in marital status, a normative change in old age for women, changes should occur in their interaction patterns with both family and friends.

Considering the continuity/discontinuity of social engagement to be behaviorally relevant, the effects of a change in status are greatest at or about the time when social disruptions occur. But as the period of widowhood increases in length, such individuals become more like persons who experience continuity in social engagement presumably because his/her associates over time join the ranks of widowers/widows.

Differences in Contact with Family and Friends by Gender

Late life differences between men and women are actually life-long differences (Hess, 1979; Maas & Kuypers, 1974). The developmental tasks for both men and women are different. Women tend to maintain family contacts more than men and have more emotional involvement in family and friendships (Bengston, Kasschau & Ragan, 1977).

However, as men and women approach old age, changes are noted to occur both in roles and circumstances. Longitudinal studies (Britton & Britton, 1972; Maas & Kuyper, 1974) of the socio-psychological aspects of old age, indicates that in old age, men and women exhibit both changes in their behaviour and life-styles. It is also recognized that changes arise at least in part from the circumstances of aging and from the environmental forces that impinge upon the individual. These changes lend support to the developmental theory that changes are to be anticipated as the normal developmental patterns of aging.

For instance, with the onset of widowhood, men and women are affected differently. For men, widowhood means role discontinuity, for the loss of a man's spouse has perhaps removed the one significant person through whom he related to others in the community. Role discontinuity in this context refers to the inability of a person to continue in certain roles. Earlier in his life, he may have depended heavily on his occupational role and on his relations with his co-workers (Blau, 1961) for a sense of personal and social worth. Retirement may have forced him to rely more on his marital partner for personal meaning and social significance. Her death however, results in even greater social isolation from kin and community relations, for which he depended on her to maintain (Berardo, 1970). The precariousness of his position is further aggravated by the familial and domestic tasks which he must now perform and

by the community expectations that he live independently and fend for himself (Berardo, 1970). For the widow on the other hand, there are greater opportunities for role continuity: house-keeping, interacting with friends and relatives, going to church and participating in other kinds of social relationships. Role continuity in this context refers to the ability of a person to continue playing well-established roles, in spite of certain social disruptions like widowhood. Also, various kinds of people in the community, for instance, kin, neighbours and organizational members are probably more acutely aware of the predicament of the widow. Most of them, being widows themselves, may exert greater efforts to surround her with more meaningful relationships (Berardo, 1970).

In summary, it can be stated that men and women bring to their later years much of what they were in the past. It has also been argued that the role shifts brought about by normative events such as retirement or death of a spouse combined with a decrease in social space, affect men and women differently in that there is a continuity in the pattern of interaction maintained by women, while for men, discontinuity in social involvement is noticeable. Role shifts in this context refers to the process wherein roles are altered or changed.

To conclude, it may be said that by using the life-cycle construct of the developmental framework, we are permitted to see how age, gender and marital status may relate to the amount of contact the elderly have with their friends and families.

Review of Literature

Recent literature on the general activity patterns of the elderly has supported the importance of situational/structural factors (Palmore & Luikart, 1972; Edwards & Klemmack, 1973; Alston & Dudley, 1973; Bild & Havighurst, 1976; Wolk & Telleen, 1976). A situational factor can be defined as a factor pertaining to a particular situation, to a particular person, at a particular time. For example, widowhood affecting a particular person at a particular time may be considered to be situational in character. A structural factor on the other hand can be defined as a factor affecting a large number of people in a particular strata of society over a period of time. For example, the fact that women over the age of 70 are primarily widowed may be considered to be structural, as it pertains to both a particular group in society and to a particular age category. Of the many structural constraints which have been noted to impede the interactional patterns of the elderly, marital status, gender and age will be discussed (both separately and in interaction with each other) in their relationship to the amount of contact the elderly have with their families and friends.

Marital Status

Married.

Contact with family. Marital status continues to be a major organizing force for the elderly in old age (Berardo, 1970). Studies of older families indicate that married parents and adult children maintain interpersonal relationships and engage in reciprocal exchange of advice, goods and services throughout the life-cycle (Brubaker & Brubaker, 1981; Hess & Waring, 1978). Apparently, older parents and adult children who live in relatively close spatial proximity, see each other often (Shanas, 1973). The major proportion of older parents have weekly contacts with their children (Hill, 1970; Troll, et al., 1979; Watson and Kivett, 1976). The average number of weekly visits

between older parents and their adult children was slightly less than two. Unpublished data (Mancini, 1977, 1979a) reveals that 30% of the married sample saw their children several times a year; 13% saw them once a month and 49% saw them at least once a week.

Contact with Friends. The findings of Booth's (1972) study suggest that those who are married are more likely to have close friends. However, Jonas (1979) in her study of differential patterns of interaction within and outside a housing project for the elderly found that being married and living with a spouse appears to have a negative effect on the development of close friendships. Rose (1962) suggests that it is only when older people are freed from the prescribed family roles and responsibilities, that they are free to develop ties with age peers. His assumption is that there is an inverse relationship between participation in these two sets of social bonds, and that primacy in terms of time, energy and emotional investments, is given to kinship bonds. Only after these are no longer as time-consuming as they were earlier, is it possible and/or desireable for individuals to become more involved with peers.

Widowed. Widowhood has been shown by several studies to be accompanied by a decrease in social involvement. Several researchers (Blau, 1973; Harvey & Bahr, 1974; Pihlbald & Adams, 1972) have provided evidence that greater isolation does in fact exist among the widowed. With the death of a spouse, the social relationships of the elderly are greatly constrained, resulting in increased social deprivation of the widowed as compared to their married counterparts. However, Petrowsky (1976) in his study of the elderly widowed revealed instead that the aged widowed are not as isolated as indicated in earlier investigations.

Contact with family. Research by Bock and Webber (1972) suggests that kin interaction declines upon the death of the spouse. This decline can be interpreted as arising from the elderly person's inability to manage visits with members of their larger kin system and because of impediments associated with both being single and elderly such as frailties and difficulty to travel. Furthermore, because the loss of the spouse could often serve to terminate or at least inhibit social bonds with in-laws, the widowed when compared with married individuals typically can be said to have a smaller number of kin. Geographic distance may be viewed as possibly influencing social interaction among the elderly. Booth's (1972) study, however, reveals that there is a lower number of friends but not family in the lives of the widowed. In her study of Chicago area widows, Lopata (1973) claims that the average frequency of interaction with adult children is relatively low. In addition, she found that those who draw low incomes are least likely to have regular contact with their children. The apparent contradiction may be due to the varied definition of family. However, Petrowsky's (1976) finding that there is no significant difference between the aged widowed and the aged married respondents, fails to support the contention of earlier researchers (Berardo, 1967; Bock & Webber, 1972) that aged married individuals interact more with kin than do aged widowed individuals.

Contact with friends. Neighbours of older people, especially in congregate living environments, are a valuable source of contact and support (Arling, 1976; Hochschild, 1973). Hochschild (1973) reported extensive contact among widows and their neighbour friends in an apartment complex for the aged. An interesting finding of Ferraro and Barresi's (1980) longitudinal study was that a higher level of neighbour interaction was manifested immediately after the death of one's spouse and persisted for several years. Lopata (1973) in her study of Chicago area widows, noted the

importance of supportive neighbours in the process of adjusting to widowhood.

Comparison of married and elderly cohorts in interaction with friends. In comparing similar cohorts of elderly married and widowed persons, it has generally been found that those who are still married have higher rates of interaction with friends (Berardo, 1970; Blau, 1973; Lopata, 1973). It has been suggested that the married state provides the couple with a pool of potential friendship choices that is greater than the opportunities for friendship associations for either the widowed or the never married (Hess, 1972). Couple interaction is frequently leisure-oriented and widows generally find it difficult to maintain former couple relationships in this atmosphere, widows finding themselves uncomfortable in the company of married couples/individuals.

In summary, it may be stated that married older people have a relatively high level of contact with children. Married individuals have more friendship relationships. With widowhood, some research studies have indicated a decline in kin interaction. One study however, suggests that there could be a lower number of friends but not family in the lives of the widowed. In concluding this section, it may be said that while previous research on widowhood has provided the scientific community with many insights and explanations for understanding the change in interaction brought about by a change in marital status, there is considerable divergence among social researchers with regards to several issues. Ferraro and Barresi (1980) suggest that there could be two reasons for the lack of empirical generalizations on widowhood in late life. First, many of the studies have not used a multivariate analysis. While research has generally found relationships between the impact of widowhood and sex, race, health, age, education and the amount of time since the spouse's death, few studies have assessed the independent effects of these variables when the others are controlled. Second, almost all of the studies on widowhood have used cross sectional designs. In other

words, most studies have analyzed information concerning social relations after widowhood, without explicit knowledge of such characteristics before widowhood.

Gender

Findings on gender differences in contact patterns among the elderly follow somewhat the same pattern as those on differences in marital status. Sex differences in contact patterns and friendships established in earlier years are found to extend into late life.

Contact with Family. Research studies (Powers & Bultena, 1976) indicate that the social networks of aged men do not extend much beyond the family. A number of studies have indiciated differences in social relationships related to gender (Blau, 1973; Lowenthal et al. 1976). Troll (1971) in the review of the literature from the 1960's on the family of later life, pointed out that women more than men maintain more frequent kin contact. A higher frequency of contact with kin has been found for women in comparison to men both across marital statuses and within the widowed population (Bock & Webber, 1972). Women of both marital statuses (widowed and married) are in contact more frequently with their children, especially daughters (Bock & Webber, 1972). Insufficient support for Petrowsky's finding, that there is no significant difference between the aged widowed and the aged married in their contact with family, could reflect the findings of Pihlbald and Adam's (1972) study, that kin interaction declines upon the death of a spouse for elderly males but not for females. This could indicate that gender more than marital status influences the interaction of the aged with their kin.

Contact with friends. Research on the social contacts of older persons (Booth, 1972; Booth & Hess, 1974; Lowenthal, Thurnher & Chiriboga, 1975) indicates that friendships are more intensive and meaningful to women. Whereas, older men often

rely on their wives for intimacy (Blau, 1973), women often turn to friends, usually of the same sex, age and marital status for intimacy and affection. Men are reported to claim a wide range of social contacts (including family and civic neighbourhood socialization); but with respect to friendships, women are found to have more stable, long-lived and intense relationships (Cantor, 1976; Powers and Bultena, 1976). Jerome (1981) states that friendships tend to be maintained into old age especially by women who are single and by those in the higher social classes.' A recent study (Chapman & Beaudet, 1983) indicated that women of a higher social status, interacted significantly more often with their neighbours. It is argued that older women are better at making and sustaining friendships than older men, though in general, men often have more frequent social contacts. Men are less likely than women to replace lost friends. An elderly woman's friendships tend to be disrupted by bereavement if it occurs relatively early but are resumed when others in the community become widowed. One of the most important findings of Lopata's (1973) study on Chicago area widows was the general stability of the recently widowed woman with regards to her friendship relationships. Rather than exhibiting change in her level of interaction, the recently widowed woman appeared to maintain a personal equilibrium in her relation with her friends. This suggests the importance of the continuity theory of widowhood in later life. One study, however, indicated a greater number of friends for men in general (Pihlbald & Adams, 1972; Powers & Bultena, 1976). Petrowsky's (1976) study reported no sex differences but he noted that the locale from which he drew his sample may have offered unique opportunities for social contact among the elderly. The area, Gainsville, Florida, from which he drew his sample was greatly influenced by a university.

Interaction of Gender and Marital Status on Amount of Contact with Family and Friends

The studies of Booth (1976), Lowenthal et al. (1975) and Powers and Bultena (1976) suggest a possible interaction between marital status and gender in social contact among the elderly. They state that given the division of labour in marriage, married men have greater opportunities for social contacts through managing the external affairs of their family, relying on their wives to manage their couple based contacts with relatives and mutual friends. Lopata (1979) reports that the widows in her study claimed responsibility for the couple based friendships developed during their marriage. This division of labour, however, leaves married men ill-prepared for widowhood. When their spouse dies, men's relationships with friends and relatives that depended on their wives contact, are attenuated. Indeed research suggests that widowhood results in a greater reduction of active involvement with kin and friends for men than women (Booth, 1972; Pihlbald & Adams, 1972).

In summation it can be said that in comparison with other marital statuses, widowers are less likely than widows to have a high degree of kin interaction, or to have friends either in or outside the community, or to be satisfied with their opportunities to be with close friends. Apparently, the overall consequence of all this is an insufficient amount of stimulation and rewarding social interaction.

To conclude this section on the interaction effects of gender and marital status on the amount of contact, it can be said that women have more contact with kin and friends in comparison to men across marital statuses and within the widowed population. Apparent thus is an interaction effect of age, gender and marital status on the amount of contact the elderly have with their family and friends.

Age

Existing literature is somewhat unclear about the role of age on contact between the elderly and their kin and friends. Some see increasing age as being positively associated with contact (Rosenberg, Pihlbald & McNevin, 1968); while others suggest that the opposite may be the case (Clark & Anderson, 1967). Arens (1982) in her study of differences in the effects of widowhood on the well-being of older men and women, states that old age is one of the most direct sources of the lower levels of social participation among the elderly.

Contact with Family. Many researchers (Brown, 1974; Rosenberg and Anspach, 1973; Troll et al. 1979) have argued that for a large majority of older people, interaction with immediate relatives remains constant as disengagement occurs in other roles. Others like Granovetter (1973) and Wilson (1975) argue that with increasing age, interaction with kin increases because with the decrease in parental demands, more time is available for interaction with kin. The findings of Gordon, Vaugham and Whelan's (1981) study suggest that contct between the elderly and their children may increase as parents become older and more infirm. However, it can't be said if this is a result of growing infirmity with more need by aged parents to maintain contact and get assurance or if it is a result of a growing concern on the part of children whose aging parents need help in self-management.

Contact with Friends. Arling (1976) indicates that since relations with friends require initiative by the elderly person, they frequently decline when conditions of old age arise. However, the importance of having neighbours who are similar to the older person in age has been explored by a number of researchers. Studies like that of Teaff, Lawton, Nahemow and Carlson (1978) indicate that persons tend to form friendships and associations with persons similar to themselves. As stated by Teaff et al. (1978),

"the shared values and life experiences of elderly cohorts appear to promote friendships among individuals of the same generation and it appears that the physical proximity of age peers is a necessary condition for initial contact which may lead to such friendships" (p.126). Similarly, Sherman (1975) found a positive association between number of friends and neighbours and age density. Age density in this context refers to the proportion of friends and neighbours who are alike in age. Rosenberg (1970) however, found a positive relationship between number of friends and age density only among those with very low annual income (under $3000). Among those with incomes between $3000 and $7500, the association was weak and not significantly different from zero. Rosenberg (1970) found an inverse association between age peers and age density. The aged in high density neighbourhoods had fewer elderly friends than those in neighbourhoods with a lower percentage of persons aged 65 and over. Here income discrepancy could be considered as a contributory factor to the low level of contact. Teaff et al. (1978) found no associaton between age segregation and friendship contact patterns after the influence of demographic factors (such as physical proximity) was controlled.

In examining the above mentioned literature, the evidence provided seems contradictory. Some studies maintain that friendships and contacts tend to be maintained into old age. Others maintain that there is a decrease in the amount of contact primarily because older persons have difficulty in getting about or in making new friends. At the other extreme are studies reporting that the loss of old friends is offset by the acquisition of new ones and even that older people have more friends and contacts that they did when they were younger (Hess, 1979). This could be because friends play an important role in meeting the special needs of old age. The apparent contradiction here may have its roots in the fact that friendships, perceived differently

by different people, meet different needs.

Interaction Effects of Gender, Marital Status and Age on the Amount of Contact with Family

Research by Pihlbald & Adams (1972) suggests that the dissolution of the marital bond by death decreases kin interaction for elderly males and not for females. For the recently widowed male, frequency of contact with children increases but after five years of widowhood, the association is below the pre-widowed level. Berardo's (1970) study states that the female is more likely to be involved in a kin network since she is most likely the person in the family who is designated to maintain contact with kin. Frequency of visiting is less for males in all marital categories and decreases steadily with the length of widowhood, especially in late widowhood.

It appears that women in general have higher average contacts than do men and that their contact levels change less immediately after widowhood. This is consistent with Berardo's (1970) discussion of the fate of the widower. Compared with married elderly women who are still living with their spouses, the networks of widowed women appear to be characterised by two counter-balancing trends: intimate ties with children are cultivated, while primary and confident ties with other kin are allowed to disintegrate (Pihlbald & Adams, 1972).

To conclude, it may be said that from the above discussion a significant interaction effect is strikingly apparent.

Interaction Effects of Age, Gender and Marital Status on the Amount of Contact with Friends

The works of Blau (1961, 1973) and Hess (1972) offer a structural explanation for the possible interaction between age, gender and marital status. In the group under 70, there is a much larger proportion of female widows (43%) than male widowers

(13%). Given this imbalance with reference to his age and sex peers, the aged male occupies a more deviant position than his female counterpart since most of the male widowers' friends who are in their 60's are still married. In the age group over 70, however, the proportion of widowers increases substantially with the result that the earlier differences observed between married and widowed men practically disappear. At this point, the widowhood status ceases to have an isolating effect upon aged male widowers. When a widower enters his 70's, he discovers that many of his friends have lost their wives. In short, he encounters a large pool of male survivors with whom he can interact in terms of social companionship. Indeed, older widowers have been found to associate more with friends than younger ones, while older married men tend to do less than younger ones (Blau, 1961).

However, the results of the study by Pihlbald & Adams (1972) indicate that the proportion of widowers who received no visits from friends during the week prior to the interview was about twice as great as was true for marrid men. For widows, the proportion with no visits was less than among married women. Daily visiting was more common for widows than for married women and showed no difference with the duration of widowhood. It would be worthy to note here that while males claim to have a larger number of intimate friends, their definitions of friends appear to differ from that of women who claim fewer friends but have more frequent contact with them. For men, the number of friends decreases by one half after five years of widowhood, while the number remains the same for widows and married women.

Although the widowhood status is likely to decrease an older woman's social participation with married people, the overall decrease is not so great as that observed among widowers, since widows under 70 are likely to have associates who are widowed. Among widows over 70, two-thirds of whom are widowed, it is the married person who

occupies a deviant position, and as a result, she tends to associate somewhat less with friends than the widow in the same age group (Blau, 1961). Therefore, it appears that widowhood has an adverse effect on friendship when it places an individual in a position different from that of his age and sex peers.

These findings in sum, suggest that changes in marital status do have an effect on friendship patterns depending on the prevalence of these changes in the social structure. A change in status which places the individual in a deviant position in his age and sex group, interferes with his opportunities to maintain old friendships. When a change in status places an individual in a minority position among his peers, it also differentiates his interests and experiences from theirs (Arling, 1976; Hess, 1972), thereby reducing the mutual bond that served as the basis for the formation and persistence of friendship ties. But if the same status change becomes predominant in a social group, then it is the individual who retains his earlier status who becomes the deviant. Consequently, it is his social participation that suffers.

From this review, it may be concluded that inconsistencies are present in the literature concerning the relationships between age, gender, marital status and contact the elderly have with their families, and their friends. Some researchers argue strongly that marital status and contact are significantly related; others contradict this contention. Similar contradictions have been cited for age and gender.

Having reviewed the literature on the individual and interaction effects of age, gender and marital status on contact with family and friends, the following hypotheses may be stated.

Hypotheses

Hypothesis 1. There will be no main effects for age, for gender and for marital status in the amount of contact the elderly have with their family.

Hypothesis 2. There will be no interaction effects for age, for gender and for marital status in the amount of contact the elderly have with their family.

Hypothesis 3. There will be no main effects for age, for gender and for marital status in the amount of contact the elderly have with their friends.

Hypothesis 4. There will be no interaction effects for age, for gender and for marital status in the amount of contact the elderly have with their friends.

Expected Results in Relation to Each of the Hypotheses. In relation to hypothesis 1, it is expected that of the three personal characteristics, gender would be significantly related to the amount of contact the elderly have with their families, women having more contact with kin than men. The main reason for this predicted result is that women are the primary kin-keepers in the family. They are the significant kin contact bases.

It is also expected that age would be a significant factor in determining the amount of contact the elderly have with their families, kin contact being predicted to increase as parents grow older.

In relation to hypothesis 2, it is predicted that there would be no interaction between the three personal variables and the amount of contact the elderly have with their families. The reason for this prediction is because in the literature reviewed, it has only been suggested that there could be a possible interaction between the three personal variables and contact with families. There is, however, no actual finding stating such an interaction.

In relation to hypothesis 3, it is predicted that marital status would be significantly related to the amount of contact the elderly have with their friends, the married having more contact than the widowed. The basis of this prediction has its roots in the fact that the married status is the major organizing force giving direction to contact among the elderly. The married status has for long been seen as providing a socially acceptable role and as providing the basis for continued relations.

In relation to hypothesis 4, it is expected that there would be no interaction effects between the three personal variables and the amount of contact the elderly have with their friends. The reason for this predicted result is because in the literature reviewed, it has only been suggested that there could be a possible interaction. There is, however, no conclusive finding stating an actual interaction.

Research Design

In this chapter, a description of the study population, the research instruments, the procedures and the analysis technique will be discussed.

Sample Description

The sample of this study was one of convenience and cannot be considered representative of all Albertans aged 55 to 100 years. People from the lower socio-economic group, tended to be underrepresented. For instance, only 12% of the entire population reported receiving an income of less than $5000 per annum. The sample also tended to leave out people who had little to no contact. This was because the sample was collected using the snowball technique. By using such a technique, getting to people with little to no contact was near impossible.

The study population was comprised of 601 respondents. The median age of the study population was 73 years with a range from 55 to 100 years.

In terms of gender, the study population was comprised of 66.1% females and 33.9% males. In terms of marital status, 47.4% of the study sample were married. The widowed respondents comprised 42.6% of the sample. Single respondents comprised 5.3% of the sample while the divorced in the study totalled to 3.0%.

63.9% of the study population was comprised of persons aged 55-75 years and 35.8% of persons aged 76-100 years.

Seventy two percent lived in communities with a population of over 30,000 people; 3.3% lived in communities with a population between 15,000 and 30,000; 7.2% lived in communities with a population of between 5000 and 15,000; 10.3% lived in communities with a population of less than 5000; 7.05% lived in rural areas.

Twenty four percent of the total population reported enjoying very good health; 36.4% of respondents reported having fair health while 3.8% reported having

poor health.

Twelve percent of the study population reported an income of less than $5000; 30.8% reported that they enjoyed an income from between $5000-9999; 19.3% enjoyed an income from between $10,000 to 14,999. 13.0% reported that they received an income from between 15,000 to 19,999; 5.3% said that they received an income between $20,000-24,999; 4.0% enjoyed an income between $25,000 and 29,999 while 2.3% received incomes between $30,000 and 34,999. Only 3.8% received over $35,000 as income.

Ten percent of the study population reported that they had no children; 8.8% reported that they have only one child; 24.1% reported having two children; 19.6% reported having three children; 16.8% reported having four children; 8.2% reported having five children; 4.5% reported that they have six children; 1.8% reported having eight children; 3.8% reported to have nine children.

In summary, there was a tendency for the sample to be biased in a certain direction. Bias primarily lay in proportion.

Procedures

The data were collected in a series of in-depth interviews conducted with 601 persons aged 55 through 100 years using the snowball technique from the fall of 1977 to the spring of 1984.

Students from a university class on aging in the Family Studies Department were trained in interview techniques and each student wa assigned to interview five persons. The interviews were conducted usually in the homes of the interviewees and were approximately two hours long. In the case of married couples, each spouse was interviewed seperately.

Description of the Initial Interview Schedule

The interview schedule used in this study wa designed by Keating (1979) to investigate the needs and resources of older people. It was a needs assessment survey of the aging family in the province of Alberta. It covered a wide spectrum of issues which included: physical resources and needs (housing, finances, health and activities engaged in); interpersonal resources and needs (social networks with family and friends, marriage); and personal resources and needs (morale). A copy of the interview schedule is in Appendix A.

Variables Pertaining to the Study

Independent variables. Data pertaining to the three independent variables age, gender and marital status - were derived from single item questions.

1. Age was measured by a single item question, date of birth. The decision to set the lower age limit for the subsample at age 55 is in part to secure a number of married males so as to make reliable comparisons. The lower age limit set in this study would also capture the impact of adult children leaving home and the approach of retirement, conditions that promote a series of changes among adults as regards to their contact networks. Assuming that frailities and physical incapacities generally arise from the age of 75 years onwards, the upper age limit was set from 75-100 years.

2. Marital status included five single item variables - married, divorced, single, widowed and separated. However, due to low numbers of the divorced (3.0%), the separated (1.7%) and the single (5.3%), these three categories were not included in the study. Another reason why the divorced, the separated and the divorced were excluded was because among the present elderly cohort there are very insignificant numbers who fall into these categories.

3. Gender included male and female.

Dependent variables. Single item variables were also used to collect objective data pertaining to the two dependent variables: amount of contact the elderly have with their families and the amount of contact the elderly have with their friends. Amount of contact with family was measured by the question "How often did you visit in person with a member of your family last week?" Amount of contact with friends was measured by the question "How often did you visit in person with your friends and neighbours?" The single item variables pertaining to both questions had four response categories: every day, a few times a week, once a week, to not at all.

Data analysis. This study has utilized a secondary analysis of data which were collected to investigate the needs and resources of older people. Secondary analysis has been defined "as the extraction of knowledge on topics other than those which were the focus of the original survey" (Hymann, 1972). Whereas, the original study was utilized as a descriptive tool to illuminate the needs and resources of the elderly, the current analysis proposes to examine how age, gender and marital status relate to the amount of contact the elderly have with their families and friends. Secondary analysis was chosen because it is economical than primary research in terms of money, time and personnel.

As the statistical tool, a two and a three way analysis of variance was used to the test four research hypotheses. Hypotheses 1 & 2 were tested with age, gender and marital status an independent variables and contact with family as the dependent variable. Hypotheses 3 & 4 were tested with age, gender and marital status as independent variables and contact with friends and neighbours as the dependent variable.

In relation to the first analysis of variance, that is, contact with family by age, gender and marital status, sixty-six (N=66) of the six hundred and one cases were missing because of a lack of information on marital status; two (N=2) were missing because of a lack of information on age and four (N=4) were missing because of a lack of information on contact with family and on contact with family.

In relation to the second analysis of variance, that is, contact with friends and neighbours by age, gender and marital status, sixty-three (N=63) cases were missing because of a lack of information on marital status, two (N=2) were missing beause of a lack of information on age and one (N=1) was missing because of a lack of information on contact with friends.

Statistical assumptions. It is a fact that the use of any parametric statistical procedure such as the analysis of variance assumes that the dependent variables are measured at the interval level. However, as has been noted in the social sciences, it is difficult to find true interval measures. Many fall into the ordered metric level (Combe, 1953 in Nie, Hull, Jenkins, Streinbrenner & Bent, (1975). "Ordered metric consists of ordered categories where the relative ordering of the inter-category distance is known even though their absolute magnitude can't be measured (Combe, 1953 in Nie et al. 1975, p. 6). Abelson & Tukey (1959 in Nie et al. 1975) also argue that any ordinal level variable can be treated as an interval variable because of the strength and sensitivity of the parametric technique. Therefore, from these arguments, it can be deduced, that since each of the variables measured in this study is measured at the ordered metric level, parametric statistics such as the analysis of variance can be used to make inferences.

The other assumptions for the use of the analysis of variance are that individuals in the sample groups are randomly selected from a normally distributed

population and that the samples are independent in nature. However, it has been shown (Leonard, 1976) that certain violations of these assumptions do not necessarily affect the data analysis. This feature attests to the robust nature of analysis of variance.

Results of the Study

Results in Relation to Hypotheses

Hypothesis 1. There will be no main effects for age, for gender and for marital status in the amount of contact the elderly have with their families.

Finding in Table 1 reveal gender to have a significant main effect. Elderly females had significantly more contact than elderly males.

Hypothesis 2. There will be no interaction effects for age, for gender and for marital status in the amount of contact the elderly have with their families.

Findings in Table 1 reveal no significant interaction effects for age, for gender and for marital status in the amount of contact the elderly have with their families.

Hypothesis 3. There will be no main effects for age, for gender and for marital status in the amount of social contact the elderly have with their friends.

Findings in Table 2 indicate marital status to have a main effect on the amount of social contact the elderly have with their friends. The married had significantly more social contact with their friends and than did the widowed.

Hypothesis 4. There will be no interaction effect for age, for gender and for marital status in the amount of contact the elderly have with ther friends.

Findings in Table 2 reveal no interaction effects for age, for gender and for marital status in the amount of contact the elderly have with their friends.

Table 1

Contact with Family by Age, Gender, and Marital Status (Main and Interaction Effects)

Source of Variance	ss	df	ms	f	sig f
Main effects	10.328	3	3.443	3.590	0.014
Age	0.001	1	0.418	0.001	0.970
Marital Status	0.418	1	0.418	0.436	0.510
Gender	6.051	1	6.051	6.309	*0.012
2-Way interaction	6.415	3	2.138	2.230	0.084
Age Gender	0.153	1	0.153	0.160	0.690
Age Marital Status	1.781	1	1.781	1.858	0.173
Gender Marital Status	2.693	1	2.693	2.808	0.094
3-Way interactions	1.598	1	1.598	1.666	0.197
Age Gender Marital Status	1.598	1	2.620	2.732	0.197
Explained	18.341	7	2.620	2.732	0.009
Residual	18.341	527	0.959		
Total	523.746	534	0.981		

N = 535

Note. Significance level = .01

Table 2

Contact with Friends by Age, Gender, and Marital Status (Main and Interaction Effects)

Source of Variance	ss	df	ms	f	sig f
Main effects	6.735	3	2.245	2.293	0.077
Age	0.008	1	0.008	0.009	0.926
Marital Status	6.172	1	6.172	6.304	1.176
Gender	1.795	1	1.795	1.833	*0.012
2-Way interaction	4.540	3	1.513	1.546	0.202
Age Gender	2.665	1	2.665	2.722	0.100
Age Marital Status	0.010	1	0.010	0.010	0.919
Gender Marital Status	2.215	1	2.125	2.171	0.141
3-Way interactions	1.398	1	1.398	1.425	0.233
Age Gender Marital Status	1.398	1	1.398	1.428	0.233
Explained	12.673	7	1.849	1.849	0.076
Residual	518.866	530	0.979		
Total	531.539	537	0.990		

N = 538

Note. Significance level = .01

Discussion

The results of this study support two of the hypotheses stated. They support the assumption that gender affects the amount of contact the elderly have with their friends. However, several issues in the findings such as no differences in the amount of contact with family by age and gender and lack of significant interaction for either the amount of contact the elderly have with their families and friends need further discussion. Discussion in this chapter will be on possible reasons for these findings. Implications will be drawn as to what the findings suggest for further research.

Gender in relation to family contact. Women in this study were found to have more contact with their families than men. This finding supports the researcher's assumption that women in all marital statuses have a high degree of kin interaction since women are better at making and sustaining kinship ties. By and large, this finding supports the body of literature (Troll, 1971; Anderson, 1984) which suggests that women are the primary kin-keepers.

The lower amount of family contact reported by men in this study can be partially explained by the fact that the fathers' ties to their children are generally not based on as intimate a relationship as that developed between mother and children, and by the fact that the central role in maintaining family ties has traditionally been assigned to women. Women's abilities in establishing and maintaining social contact may have their roots in early socialization; this apparently continuing into old age, so that their expressive skills benefit them in securing more frequent contact with their children. It can also be speculated that the mother, having been involved to a considerable extent in the child rearing process, may have built between herself and her children a feeling of attachment; resulting in a felt need by children to maintain frequent contact with their mothers. Identification between mother and children,

especially daughters who share much in common as far as status and sex linked traits are concerned, may also be looked on as a factor stimulating frequent contact between mother and children (Cicirelli, 1983). From these speculations, interesting questions emerge. First, in earlier years, what sort of ties did the aged woman have with her children? Second, to what extent are aged women and their children bound together solely by prescribed kinship norms? How do bonds develop and change over the life cycle for both men and women?

Marital status in relation to family contact. There was no difference in the amount of contact the elderly had with their families by marital status. This finding is consistent with the findings of Brubaker & Brubaker (1981) and Hess & Waring (1978) which state that parents and adult children have interpersonal contacts on a regular basis throughout the life cycle. However, this is not in keeping with the findings of Berardo (1970) which indicated that marital status is the chief organizing force for the elderly in old age, the married having more contact than the widowed.

In seeking explanations as to why there is no difference in the amount of contact the married and the widowed elderly have with their families, it can be said that the patterns of interaction among the married seem to provide the parameters within which social relationships continue among the widowed. For example, close relationships based largely on concern and obligations such as those with children are not likely to be affected by widowhood. A similarity between the surviving parent and the living child/children may also be a factor in explaining this lack of difference. As women generally outlive men, mother and daughter are the usual survivors into old age. They share a common need for nurturance and empathy, and both being capable of meeting each others needs, mother and daughter are placed in a unique situation which could be said draws both of them into a special relationship resembling a friendship

relationship in many ways. Again, since parent-child relationships in later life are negotiated for the most part from positions of independence vis-a-vis the other, the relationship could be said to enhance more frequent interaction than has been reported in earlier studies.

Age in relation to family contact. There was no difference by age in the amount of contact the elderly had with their families.

In trying to find explanations for this finding it would be well worth the time to speculate on what earlier researchers have said. The question of whether affection for the elderly parent leads to more frequent interaction is a question that has been considered by several researchers with somewhat differing findings. Cicirelli (1983) found a positive but relatively weak correlation between feelings of closeness and frequency of interaction. Adams (1968) found a similar positive relationship when moderate distances between child and parent were involved. Rosov (1967) found that parent dependency rather than closeness and affection determined the frequency of interaction children have with their parents throughout the life-stage.

Reversing the direction of this reasoning, one can suggest that what draws adult children to their parents who are in the 55-75 years age group, is the hope of securing emotional support from the parents. However, as parents become older, it is not the need for emotional support which leads to frequent interaction, but rather, it is the desire to reciprocate that can be said fosters frequent interaction. Concepts like, filial obligation, irredeemable obligation (Blau, 1973), family loyalty (Adams, 1968), or filial maturity (Blenker, 1965) may be factors responsible for the constant interaction. It can be further stated that contact would remain the same throughout later life when filial responsibility is felt, when the adult child/children live close by and when the adult child who lives close by is a daughter. It could also be speculated that the first

sign of decline due to aging may motivate adult children to increase their contact, for an increase in contact at a point before elderly parents want or need help, would place adult children in a position where they could monitor their parent's aging process and be able to assist where possible. This viewpoint implies that many adult children become concerned about their parents as parents become older, increasing their interaction with their parents in order to detect what help may be needed. They are in a position to give help.

The desire to preserve the relationship with their elderly parents for as long as possible through protective help-giving behaviours (Bolbly, 1980) appears to be a strong motivator. However, the extensiveness of contact and help given to elderly parents and the length of time it is offered, depends on the extent of support and mutual aid received and the socialization pattern already in existence prior to the onset of old age and prior to the need for help. From these speculations an interesting question can be seen to emerge. To what extent is contact a function of the dependency needs of the elderly parent, of residential propinquity, of filial responsibility and of sex linkages?

Gender in relation to friend contact. No difference by gender was noted for the amount of contact the elderly had with their friends. Prevailing stereotypes suggest that older women have a considerably higher rate of contact with friends than men. Men, on the other hand, are supposed to retreat to workshops, solitary leisure pursuits or rocking chairs. However, the findings of this study do not support this image.

The explanation for this discrepant finding may be that the high levels of social contact for men that have been observed in their middle years may have been continued into their later lives. In other words, the social contacts of the men reported in this study could be a reflection of earlier patterns. The social contacts reported may also be

a substitution of lost contacts. This is an important question for further research.

It may be speculated that men and women, free of formal roles and obligations like child-rearing, have more time and energy for establishing friendship ties. The no difference in interaction between men and women could also be because both found interaction rewarding - for whatever reason.

Marital Status in relation to Friend Contact. There was a difference by marital status in the amount of contact the elderly had with their friends, the married having more contact with their friends than the widowed.

In seeking explanations for this finding, it can be speculated that when a person becomes widowed, the underlying basis of his friendship relationships with his still married friends is sabotaged, leaving behind an ambiguous basis for continued friendship. As Blau's (1961) research has shown, widowhood appears to have an adverse effect on friendships when it places an individual in a position different from that of most of his age and sex peers. Again, it can be speculated that in the company of married couples, the widow feels uncomfortable.

Evidence (Walker, McBride & Vachom, 1977; Bankoff, 1983) which suggests that a close knit network of relatives could become a disadvantage to a widow by restricting her access to new information and social contacts among friends, could hold true for the group of widows in this study who reported having a high rate of contact with family but a relatively low rate of contact with friends. As suggested by Bott (1971) and Granovetter (1973), if one spends all of one's time and emotion with kin, there is little time left for neighbours and other friends.

As the widowed in this study had frequent interaction with family, it could be speculated that the need for friend contact did not arise. As suggested by researchers (Trela & Jackson, 1976; Rutzen, 1977) when relatives were nearby, especially children,

people depended on them for contact, and when no child/children lived in the area, old people generally turned to friends for contact.

In trying to explain why the married reported more contact with friends, it could be speculated that in many cases, married individuals may prefer integrating themselves into non-family social systems such as friendship and voluntary associations rather than be totally dependent on their spouse, for if that person should die, the survivor would indeed be berift.

Lastly, it can be speculated that the two individuals of a couple based social network would indeed report more frequent interaction than the single person, the primary initiator of a widow's network.

Age in relation to friend contact. There was no difference by age in the amount of contact the elderly had with friends.

As there was no difference in contact between the two age groups when contact with family was considered, it was expected that there would be a difference by age in the amount of contact with friends for when family is available the need for friends lessened. However, in this study this was not the case. Arguing that relationships with family and with friends involve separate realms of activity, it can be said that those older persons who have strong family ties also have a need to be integrated into a friendship network. It can also be stated that the two realms complement each other. Further, it can be argued that friendships foster a sense of belonging based upon conviviality (Hochschild, 1973) and egalitarian norms. Factors such as shared experiences, having lived through the same historical events and having encountered the same life transitions may be considered as responsible for the sustenence of friendship ties in old age. Lastly, many have argued that mere age is not explanatory in itself. They argue that there are other factors such as a person's view of life, the context of

his life experience, that are more closely associated with the aging process. From this emerges an interesting question for further research. Under what circumstances are the elderly most likely to maintain their friendships formed during their earlier years?

Interaction of age, gender and marital status in relation to family contact. While some investigators have suggested an interactional effect between age, gender and marital status in the amount of contact the elderly have with their families, the findings of this study revealed no such interaction. In seeking explanations for this particular finding, it can be said that in earlier research it was only suggested that there could be a possible interaction. There was no actual finding which stated an interaction. For example, Pihlbald & Adams (1972) only suggested that there could be a possible interaction among the three variables. Again, it can be argued statistically that an interaction probably did not occur because gender alone was the most powerful factor determining the amount of contact the elderly have with their families. Theoretically, this finding confirms the long standing notion that women are the primary kin contact bases.

Interaction of age, gender and marital status in relation to friend contact. In this study, no interactions were found among the three personal variables and the amount of contact the elderly have with their friends.

In seeking explanations for this finding, it can be argued statistically that an interaction probably did not occur because marital status alone was the most significant factor determining the amount of contact the elderly have with friends. Theoretically, it confirms the finding that all married persons above the age of 55, whether they be male or female, have more contact with friends than the widowed. Looking back at the literature reviewed, it can be noted that it was only suggested that there could be a possible interaction between age, gender and marital status. There was no actual

finding in the studies reported that stated that there was an actual interaction. For instance, Blau (1961, 1973) and Hess (1972) only offered a structural explanation for a possible interaction between age, gender and marital status.

Implications of the Study

Present trends and how it will affect the amount of contact the elderly have with their families. One of the striking changes of the 20th century, which is likely to affect the availability of the family to the elderly, concerns demographic shifts. At present, most older Canadians fall into a category known as the young-old (aged 65-74 years) (Keating, 1981). Only 18.9% of older people are over 80 years of age (Spooner, 1980). However, it is expected that in the near future, the percentage of people in the old-old group, above the age of 75 years, will increase because of factors such as lower birth rates and increasing life expectancy (Spooner, 1980). What this change implies is that with the growing number of older people and the decrease in the number of children, there will be an increase in the number of the very old population. There would also be an increase in the need for care, with fewer caregivers being present in the adult-child generation. It can also be speculated that the caregivers who would also be old, would be in need of care themselves. The other trend which has a potential for affecting the amount of family contact the elderly have, is the large scale entry of women (both young and middle aged) into the work force. The expansion of women's roles beyond family responsibilities is an observable trend. In previous years, a woman's life tended to be patterned around child bearing and child rearing. However, factors such as use of contraception, increased educational levels, closer spacing of children, smaller family size and longer life expectancy have modified these patterns considerably. If this trend continues, women will have less time available to maintain their traditional roles. If such a change occurs, will the old receive less family contact than what has been reported in the study? Will some women stay at home and play their role even though even they may wish to work? Will tradition, love and their demonstrated commitment still operate, so that when women attempt to take over the

work role, their traditional role will not be affected. If that happens, what will the physical and mental health effects be on their elderly relatives, on the women themselves, their husbands and children? What will be the social and economic costs to society? In finding a solution to this predicament, change must occur not only in womens' and mens' roles but also in the roles and responsibilities for formal support systems. The redistribution of roles and responsibilities cannot be solely decided between men and women. It must be negotiated between the formal support system and the family. Such a negotiation can only be brought about through social policy. It is essential that social policy move vigorously to implement the call of professionals for a family-oriented policy to support the informal family system. Policies related to the maintenance of social contact with older people must be family-oriented. Formal programs must be developed to fill in the gaps which are likely to emerge when the family is unable to maintain contact with their older members. Professional attitudes about providing services to help families with their older members, which is often sanctimonious and judgmental, should be altered. If it is not changed, professional expectations of family responsibilities may lead to social irresponsibilities with policy makers (Brody, 1981) who may suggest that since families already provide the majority of contact to the elderly, what is the need for formal programs.

Next, with the current high rate of divorce and remarriage, the family system in relation to its ability to maintain contact with the elderly is most likely to be affected. As women are likely to be the most adversely affected by divorce than men particularly in the area of economics, it can be assumed that they would not be able to take on the role of patron, to assume additional responsibilities for parents despite their interest and willingness. Women who have been divorced may have neither the emotional resource nor the time to provide for the needs of their relatives, as many

divorced women are most likely to enter the work force in order to meet the economic pressures.

Remarriage also has along with it awkwardness and anomie. When parents enter late life and issues of interdependence become important, children may not be readily available to step-parents. For instance, the older person may not have been able to build a viable relationship through affection and interaction in earlier life. Even though it has been argued that remarriage after divorce may expand the family's network and multiply its potential for support, it must be stressed that divorce is most likely to have a diluting effect on the family members' commitment to each other.

Thus from the above discussion it becomes increasingly clear that women are the most likely persons to be affected if the present trends continue into the future. This suggests that social policy programmers should divert their attention to women and their needs. Policies and programs to help women should be given more recognition and acceptance.

Implications of the study in relation to contact with friends. As the present trends suggest that by the end of this century there would be an increasing proportion of persons above the age of 80, and that their children will themselves be old, we could possibly be looking at a group of widowed women, presuming that women outlive men and are most likely to be widowed between the ages of 55 and 75 years. Community services, therefore, should be geared to meet the needs of this particular group of people. Opportunities and direction should be given to them as to how they could keep themselves actively involved with people. The social contexts within which this group operates would be an appropriate focus point. It could also be suggested that associations such as church groups, neighbourhoods or community organizations should be the target of social policy to provide incentives for community-based contact for a

variety of the elderly population. Programs could be organized integrating both the married and the widowed. This would help initiate contact and friendship relationships between persons of both these categories. It would also help make the transition to widowhood less disruptive for the just widowed individual would have within her network a number of already widowed persons too. Even if her married friends stop maintaining contact with her, she would have her widowed friends to turn to for company. What is implied here is that network members could play a supportive role, helping the just widowed person better adapt to the stress and disruption of widowhood. Network members could also play an active role in implementing programs.

Implications of the Study in Relation to both Family and Friend Contact. There could be a host of other factors that have an effect on the relationships of the three personal factors and social contact. For example, an income level that provides security and comfort may be said to contribute positively to the relationships between the personal factors and contact. Other factors that could contribute both positively or negatively to the relationship include the history of past interaction, ability to maintain contact; accessibility to family members; availability of time to maintain contact; personality of the persons concerned; cultural values related to the amount of contact and last of all, factors such as not wishing to interfere in the affairs of children.

Translating the Finding of this Study into Practice. In relating the research findings of this study to theory, the following theoretical implications can be drawn

1) Women are the primary kin-keepers.

2) Maintaining contact is a role which has been traditionally assigned to women.

3) Women's involvement in child rearing develops between women and their children feelings of attachment.

4) The married have more potential than the widowed for frequent contact because of the presence of a spouse and because there is a continuity rather than a discontinuity of an established pattern. In analyzing the theoretical implications, we can note that women have always been the focus of attention. They have been taught to take on certain roles. Role segregation can be noted to be a prevalent factor. From these implications, it can be suggested that the situation could be altered and men ensured more contact if practitioners and educators divert their attention to men and motivate them to share some of the roles and responsibilities women have always played. Men can be caught young during their prime years in school. Through group discussions and role play, the changes that have occurred in the roles of both men and women can be brought to light. Light could also be thrown on the ways these changes could be handled.

Potentials for Further Research. Lastly, the findings of this thesis suggest that further research needs to be done in the following areas.

1) Further research needs to be done in the area of network size and density. The need arises out of the fact that by dealing with only one dimension of social interaction (frequency of face-to-face interaction) the study may have just glossed over the diversity of such contacts such as the number of ties which may have been important indicators of contact. The need also arises out of the fact that there could have been a significant difference in the amount of contact between a contact based network system and an individual based social network. For further research it would be necessary to consider the following questions. What are the factors that influence or determine the size of an individual's social network? Are the determinants of social

networks individual or environmental or do the determinants stem from the interactions of persons and settings? Are persons and environments reciprocal resources for the development of social networks?

2) Another aspect of network research which needs to be explored is in the area of initiation of contact? Which member is it who generally initiate contact? Is it the mother, the father, the son or the daughter? With whom is contact maintained? Is contact generally with one person alone or is contact maintained with a number of persons? What are the factors which can be said motivate contact with certain members of the network? Are there factors which can be said to inhibit contact with certain individuals? Is contact maintained with persons of the same marital status? Is contact maintained with persons of the same age group?

3) Though the findings of this study clearly state that it is marital status which is the factor determining social contact with friends, it would be helpful if further research be done in the area of the related change in the frequency of social contact brought about by a change in marital status over time. Do the recently widowed and those who have been widowed for several years report different frequencies of contact? What are the determining factors responsible for such a variation?

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APPENDIX I

DESCRIPTION OF RESPONDENT

1. Describe the respondent in the following areas:

   (a) appearance

   (b) personality

   (c) outlook on life

   (d) attitudes toward aging

2. (a) Does the person seem happy about his/her level of involvement in the community? With his/her friends, relatives and children?

   (b) What would help them be more involved if they choose to be?

3. (a) In what area does the respondent identify his/her greatest needs?

   (b) What do you think are the greatest needs of the interviewee?

4. If you were the interviewee:

   (a) What would you resent about your situation?

   (b) What would you like?

5. What struck you as most interesting about the interviewee?

SURVEY NOTES AND CRITERIA

1. Five people should be interviewed.

2. All interviewees should be over 65 years old.

3. No more than two interviews should be done with people in institutions - nursing homes, continuing care facilities, etc.

4. Married couples may be interviewed but they should be interviewed separately.

5. The interview has five phases:

   (a) Contact potential interviewees, explain the project and set up a time for the interview.

   (b) Conduct the interview, usually in the home of the interviewee.

   (c) Complete the "Description of respondent" immediately after the interview (but not in the presence of the interviewee).

   (d) Complete the coding of the interview.

   (e) Hand in completed interviews to the instructor.

Thank you letters will be sent to all interviewees by the instructor.

INTRODUCTION OF THE PROJECT TO THE INTERVIEWEE

I am a student at the University of Alberta. As part of a class project for a course I am taking on the needs and resources of older people, I have been asked to interview several older people. I would appreciate being able to talk to you for approximately one hour about some of your needs and resources.

All of your answers would be held in confidence and would be read only by the professor of the course, after your name has been removed. You are welcome to contact the professor, Dr. Norah Keating for other details of the project. Her address and telephone number are:

Family Studies Department
801 General Services Building
University of Alberta
Edmonton
432-4191 or 432-5771

INFORMATION SHEET

	CODING CATEGORY	VARIABLE NAME	COLUMN
INTERVIEWEE:			card 1
Name _____		id	1-3
Address _____			
_____			
_____			
Telephone _____			
STUDENT INTERVIEWER: _____		card 1	5
Name _____		st number	6-8
Address _____			
_____			
_____			
Telephone _____		datayr	9-10

NEEDS ASSESSMENT SURVEY: THE AGING FAMILY

	CODING CATEGORY	VARIABLE NAME	COLUMN
			card 1
1. Sex: 1. M ____ 2. F ____	1, 2	sex	4
2. Date of birth _____	age __	age	11-12
3. What is the highest level of education you have attained?			
1. no formal educatation	1		
2. 1-8 years	2		
3. 9-11 years	3		
4. high school graduation	4	educ	13
5. some university	5		
6. university degree or greater	6		
7. other post high school training (please specify)	7		
_____			
4. In what country were you born?			
1. Canada 4. Western Europe	1 4	country	14
2. United States 5. Eastern Europe	2 5		
3. British Isles 6. Other	3 6		
5. If other than Canada, at what age did you immigrate to Canada? ____	age __	immiage	15-16
6. Which of the following describes you best?			
1. employee	1		
2. retiree	2	occup	17
3. housewife	3		
4. other _____	4		

NEEDS ASSESSMENT SURVEY (CONT'D)

	CODING CATEGORY	VARIABLE NAME	COLUMN
			card 1
7. Marital status			
1. married	1		
2. divorced	2	marst	18
3. separated	3		
4. widowed	4		
5. single	5		
8. Where do you live?			
1. rural area	1		
2. town less than 5,000 population	2	liv	19
3. town between 5,000-15,000 population	3		
4. town between 15,000-30,000 population	4		
5. city over 30,000 population	5		
9. How long have you lived in your present home? _____ years	--	res	20-21

PHYSICAL RESOURCES AND NEEDS

A. HOUSING

	CODING CATEGORY	VARIABLE NAME	COLUMN
Now I would like to ask some questions about your present living quarters (room, house, apartment).			card 1
1. How would you rate the general physical condition of your living quarters?			
1. excellent	1	house1	22
2. good	2		
3. fair	3		
4. poor	4		
2. How attached are you to your present home?			
1. very attached	1	house2	23
2. fairly	2		
3. no real feeling	3		
4. do not like it and would like to move	4		
3. Under what circumstances would you consider moving?			
1. under no circumstances	1	house3	24
2. inability to maintain present residence	2		
3. death of spouse	3		
4. to be near family or friends	4		
5. other _____	5		
4. How well do you think your present home satisfies your current needs for comfort and convenience?			
1. very well	1	house4	25
2. fairly well	2		
3. not too well	3		
4. not at all	4		

A. HOUSING (CONT'D)	CODING CATEGORY	VARIABLE NAME	COLUMN
			card 1
5. Do you find your housing costs burdensome? (This would include such things as property taxes, maintenance costs, rent payments, etc).			
1. very much so	1	house5	26
2. somewhat	2		
3. not at all	3		
6. Would you say that you find such things as home maintenance, keeping up repairs and general housework (either in doing them yourself or in finding someone to do them satisfactorily for you):			
1. difficult	1	house6	27
2. sometimes difficult	2		
3. never a problem	3		
7. How many people share your living quarters with you?			
1. 0 5. 4	1 5	house7	28
2. 1 6. 5	2 6		
3. 2 7. 6 or more	3 7		
4. 3	4		
8. Do you feel you have the amount of privacy you need and like?			
Yes ____ (1) No ____ (2)	1 2	house8	29
9. If other people are presently sharing your living quarters, do you like it that way, or would you like to have it so that you could live alone?			
1. like it that way	1	house9	30
2. prefer to live alone	2		

A. HOUSING (CONT'D)	CODING CATEGORY	VARIABLE NAME	COLUMN
(Ask only if the person is living alone.) If no one is currently sharing your living quarters, do you prefer it that way, or would you like to have someone live with you?			card 1
1. prefer to live alone	1	house10	31
2. would like to have someone live with me	2		
Now I would like to ask you some questions about your neighbourhood.			
10. How attached are you to your neighborhood?			
1. very attached	1	neigh1	32
2. fairly attached	2		
3. no real feeling	3		
4. do not like it and would like to move	4		
11. How good do you think your neighborhood is for older people to live in?			
1. a good place for older people to live	1	neigh2	33
2. a fair place for older people to live	2		
3. a poor place for older people to live	3		
12. Are the following places or people a convenient distance from where you live? (If the respondent is not in need of or does not care about being near things such as a bank, park, etc., then mark "Yes".) (Let the respondent decide convenience.)			
1. friends yes no	1 2	neighfr	34
2. relatives yes no	1 2	neighrel	35
3. church yes no	1 2	neighch	36
4. grocery stores yes no	1 2	neighgs	37
5. medical facilities yes no	1 2	neighmf	38
6. recreational facilities yes no	1 2	neighrf	39
7. bank yes no	1 2	neighban	40
8. restaurants yes no	1 2	neighres	41

B. FINANCES	CODING CATEGORY	VARIABLE NAME	COLUMN
			card 1
1. From what sources do you get your income?			
1. Private pension _____ Yes ___ No ___	1 2	finpp	42
2. RRSP _____ Yes ___ No ___	1 2	finrrsp	43
3. Old age security _____ Yes ___ No ___	1 2	finoas	44
4. Savings _____ Yes ___ No ___	1 2	finsav	45
5. Paid employment _____ Yes ___ No ___	1 2	finpdem	46
6. Investments _____ Yes ___ No ___	1 2	fininv	47
2. What is the major source of your income? _____	1 4 2 5 3 6	fininc	48
3. (a) Is your income adequate to do all the things you want to do?			
1. Yes _____ 2. No _____	1 2	finade	49
(b) (If no,) What additional things would you do if you had more income?			
1. travel 4. buy a house 2. save & invest 5. other 3. refurbish the house _____ _____	1 4 2 5 3	finneed	50
4. (a) When you look ahead 5 years, do you expect your income will be adequate to the kinds of things you want to do?			
1. Yes _____ 2. No _____	1 2	finfut	51
(b) If no, why do you think so? _____			
(c) If no, how might your spending patterns have to change? _____			

B. FINANCES (CONT'D)	CODING CATEGORY	VARIABLE NAME	COLUMN
5. What is your present yearly family income? (self + spouse)			card 1
1. Less than $5,000 _____	1	finfam	52
2. $5,000 to 9,999 _____	2		
3. $10,000 to 14,000 _____	3		
4. $15,000 to 19,999 _____	4		
5. $20,000 to 24,999 _____	5		
6. $25,000 to 29,999 _____	6		
7. $30,000 to 34,999 _____	7		
8. over $35,000 _____	8		

C. HEALTH	CODING CATEGORY	VARIABLE NAME	COLUMN
One of the important point of our study is to find out how people are feeling these days.			card 1
1. How is your health <u>today</u> compared to how it was a year ago? Is it better, about the same or worse?			
1. better	1	health1	53
2. about the same	2		
3. worse	3		
2. Comparing your health <u>today</u> with how it was <u>ten</u> years ago, is it better, about the same, or worse today than then?			
1. better	1	health2	54
2. about the same	2		
3. worse	3		

C. HEALTH (CONT'D)	CODING CATEGORY	VARIABLE NAME	COLUMN
			card 1
3. Is there anything about your health that you feel is not being taken care of properly?			
1. Yes	1	health3	55
2. No	2		
(If the answer is "No" go on to Question #5)			
4. Explain why it is not properly treated.			
1. can't afford to	1	health4	56
2. can't get to a doctor	2		
3. just haven't done it	3		
4. doctor hasn't treated it right	4		
5. other _____	5		
5. Have you had a medical checkup in the last year?			
1. Yes	1	health5	57
2. No	2		
6. In general, would you say that your health is:			
1. very good	1	health6	58
2. good	2		
3. average	3		
4. fair	4		
5. poor	5		
7. Would you say that your health is better or worse than the health of other people your age? Just your opinion.			
1. better	1	health7	59
2. about the same	2		
3. worse	3		

C. HEALTH (CONT'D)

				CODING CATEGORY	VARIABLE NAME	COLUMN
8. For doing each of the following activities, please tell me if you have no difficulty, can do it with some difficulty, or if you cannot do it.	No Difficulty	Some Difficulty	Cannot Do it			card 1
going up and down stairs	1( )	2( )	3( )	1 2 3	health8	60
getting about the house	1( )	2( )	3( )	1 2 3	health9	61
washing and bathing	1( )	2( )	3( )	1 2 3	health10	62
dressing and putting on shoes	1( )	2( )	3( )	1 2 3	health11	63
cutting your toenails	1( )	2( )	3( )	1 2 3	health12	64
getting out of the house	1( )	2( )	3( )	1 2 3	health13	65
watching television	1( )	2( )	3( )	1 2 3	health14	66
feeding yourself	1( )	2( )	3( )	1 2 3	health15	67

9. a. In the past few years, are there any activities you have had to reduce or give up because of your health?

1. Yes ____ 2. No ___ — 1 2 — health16 — 68

b. (If "Yes") What are they? — health17 — 69

_____ _____
_____ _____
_____ _____
_____ _____

1active sports
2driving
3outside activities
4household activities
5handwork (eyesight, arthritis)
6employment
9nothing

10. What do you find are the most difficult tasks that you have to perform around the house? — health18 — 70

_____ _____
_____ _____
_____

1lifting
2gardening
3household tasks
4dressing personal hygiene
5walking (mobility)
9none

C. HEALTH (CONT'D)	CODING CATEGORY	VARIABLE NAME	COLUMN
11. How much would you say that bad health prevents you from doing things you would like to be doing?			card 1
1. most of the time	1	health19	71
2. about half the time	2		
3. once in awhile	3		
4. never	4		
12. How much have you been sick to the point of being unable to carry on your regular activities during the past 4 weeks?			
1. no days (Interviewer: circle (1) on Question 13 and go on to Question 14)	1	health20	72
2. 1-7 days	2		
3. 8-14 days	3		
4. 15-21 days	4		
5. 22 days or more	5		
13. If you were sick during this time, were you mostly:			
1. (not sick)	1	health21	73
2. just at home	2		
3. in bed at home	3		
4. in the hospital	4		

C. HEALTH CONT'D

	CODING CATEGORY	VARIABLE NAME	COLUMN
			card 1
14. a. Have you had to stay in the hospital or a nursing home for any reason during this past year?			
1. Yes ( ) 2. No ( ) (Skip to Q. 15)	1 2	health22	74
b. (If "Yes", Ask:) How many times:			
(1) in the hospital? ____	__times	health23	75
(2) in the nursing home? ____	__times	health24	76

(For each time, ask:)

c. What were you there for the last time? The time before that? (etc.) (List below for each time.)

d. How many nights did you stay in the hospital? (Record below)

e. How many nights did you stay in the nursing home? (Record below)

(c) Reason for Visit	(d) In Hospital	(e) In Nursing Home
1.		
2.		
3.		
4.		
5.		
6.		

C. HEALTH (CONT'D)

	CODING CATEGORY	VARIABLE NAME	COLUMN
			card 1
15.a. Are there <u>any other services</u> you have used because of your health, such as visits to doctors for eyes, teeth, feet, visiting nurse calls on you, tests, X-rays and so forth, <u>during this last year</u>?			
1. Yes ( ) 2. No ( )	1 2	health25	77

b. (IF "YES", ASK:) What were they? (Record below)

c. (ASK FOR EACH SERVICE MENTIONED:) How many times did you use _____ in the past year? (Record below)

(b) Service	(c) #of Times	(d) Reason for Visit
1.		
2.		
3.		
4.		

16. We're interested in learning more about the various kinds of activities that people engage in.

I. OUTDOORS

First, I will read a list of activities that people often do outside their homes. I'd like you to estimate how often you do each one. OK?

*Codes for "Frequency"

8 - Daily (5-7 times weekly)
7 - Three or four times per week
6 - Weekly (once or twice per week)
5 - Monthly (once or twice per month)
4 - Several times per year
3 - Yearly (once or twice per year)
2 - Within last 3 years
1 - Less or never

*Codes for "With Whom"

3 - Usually with someone
2 - Sometimes alone, sometimes with someone
1 - Usually alone

Activity		Frequency*			With Whom?**		*** Preferences	CODING CATEGORY	VARIABLE NAME	COLUMN
1. Shopping (all kinds)	shop1		78	shop2		18				card 1
2. Eating out (includes restaurants and friends)	eat1		79	eat2		19				
3. Obtaining professional services, e.g., optomotrist, MD, dentist, podiatrist, etc.	profser1		80	profser2		20				
4. walking, strolling for pleasure	walk1		81	walk2		21				
5. Public transportation, includes bus, taxi, train, subway	pubtran1		82	pubtran2		22				
6. Driving a car	car1		83	car2		23				
7. Traveling				card2						card2
(a) out of country	trav1		6	trav2		24			id	1-3
(b) out of province	trav3		7	trav4		25			sex	4
(c) out of city	trav5		8	trav6		26			card2	5
8. Attending religious services, meetings and events	relser1		9	relser2		27				
9. Attending organization meetings	meet1		10	meet2		28				
10. Attending movies, theater, concerts, sporting events, museums, auctions, etc.	movies1		11	movies2		29				
11. Working at a job (paid employment)	empl1		12	empl2		30				
12. Volunteer work (unpaid)	volwork1		13	volwork2		31				
13. Working in lawn, garden, or exterior of home	lawn1		14	lawn2		32				
14. Visiting family members	fam1		15	fam2		33				
15. Visiting friends and acquaintances (non relatives)	fri1		16	fri2		34				
16. Sports, hobbies (e.g., golf, fishing, bowling, etc	sports1		17	sports2		35				

I. OUTDOORS (CONT'D)	CODING CATEGORY	VARIABLE NAME	COLUMN
(*** "Preferences" -- When finished with all activities, ASK:)			card 2
17. a. Are there any of these activities you'd like to do more often?			
1. Yes	1	act 1	36
2. No	2		
b. (If "Yes") Which ones? (Record as "more" under Preferences column, items #1-16 above.)			
18. a. Are there any of these activities that you'd just as soon do less often?			
1. Yes	1	act 2	37
2. No	2		
b. (If "Yes") Which ones? (Record as "less" under Preferences column, items #1-16 above.)			
19. a. Altogether, how much time would you say that you spend outside your home when the weather is nice -- let's say on a nice summer day? _____ Hours			
b. How much time would you say that you spend outside your home on a day when the weather isn't so nice -- let's say on a wintery day? _____ Hours			

	CODING CATEGORY	VARIABLE NAME	COLUMN
II. INDOORS (Activities within the home or apartment building.) Now I'd like to read a list of things that people often do in their homes. Would you try to estimate how much time in hours you spend in each of these activities on a "typical" day?	code exact number up to 9		
1. Eating and preparing meals; cleaning up after meals, etc. _____ hours	__	meal	38
2. Housekeeping (other than meals); cleaning, picking up, repairs, laundry _____ hours	__	house	39
3. Having visitors:			
a. Family _____ hours	__	visfam	40
b. Friends & acquaintances _____ hours	__	visfr	41
4. Using the telephone _____ hours	__	tele	42
5. Watching TV or listening to radio _____ hours	__	tv	43
6. Reading - books, newspapers, magazines _____ hours	__	read	44
7. Writing - letters, paying bills, etc. _____ hours	__	write	45
8. Hobbies - crafts, cards, art, etc. _____ hours	__	hobbies	46
9. Resting - napping or "just sitting" _____ hours	__	rest	47
10. Sleeping at night _____ hours	__	sleep	48
11. Other _____ _____ hours	__	other	49
12. a. Are there any hobbies or other activities that you might like to do more often in your home?			
1. Yes	1	act 3	50
2. No	2		
b. (If "Yes") What are they? _____	1. crafts -cost	act 4	51
_____	2. crafts -skill		
_____	3. cooking		
_____	4. crafts- health/time		
	5. have people visit		
	6. reading- eyesight		
	7. other		
	9. none		

III. General	CODING CATEGORY	VARIABLE NAME	COLUMN
			card 2
1. Can you easily get to places you want to go that are not within walking distance by car or public transportation?			
1. Yes	1	gen 1	52
2. No	2		
2. Approximately how far can you walk without tiring yourself? (If the person has no legs, or his legs are paralyzed, rephrase the question to the following: "How far can you go alone in your wheelchair without tiring yourself?")			
1. More than 8 blocks	1	gen 2	53
2. 5 to 8 blocks	2		
3. 3 to 5 blocks	3		
4. 1 to 3 blocks	4		
5. unable really to get from home	5		
3. Do you usually have enough to do?			
1. Always have plenty to do	1	gen 3	54
2. Usually have plenty to do	2		
3. Usually not enough to do	3		
4. Never enough to do	4		
4. Do you spend most of your time doing things that you really like to do?			
1. Yes	1	gen 4	55
2. No	2		
5. How satisfied would you say ou are with the way you spend your time?			
1. Very satisfied	1	gen 5	56
2. Somewhat satisfied	2		
3. Somewhat dissatisfied	3		
4. Very dissatisfied	4		
6. Do you consider yourself to be much more active, somewhat more active, somewhat less active than before you were 65?			
1. Much more active	1	gen 6	57
2. Somewhat more active	2		
3. Somewhat less active	3		
4. Much less active	4		
7. Do you get outside of your home and about, as much as you would like?			
1. Yes	1	gen 7	58
2. No	2		
8. Do you own a car?			
1. Yes	1	gen 8	59
2. No	2		

INTERPERSONAL RESOURCES AND NEEDS

A. SOCIAL NETWORK (including CHILDREN)

Now I would like to ask you some questions about the people you see and the kind of things you do with others.

	CODING CATEGORY	VARIABLE NAME	COLUMN
			card 2
1. a. How often did you visit in person with a member of your family last week?			
1. every day	1	socnet1	60
2. a few times a week	2		
3. once a week	3		
4. not at all	4		
b. How about friends or neighbors?			
1. every day	1	socnet2	61
2. a few times	2		
3. once	3		
4. not at all	4		
2. a. Are you working now?			
1. yes, full-time (35 hours a week or more)	1	socnet3	62
2. yes, part-time (less than 35 hours a week)	2		
3. no	3		
b. Would you like to be working (more)?			
1. Yes	1	socnet4	63
2. No	2		
3. About how often last week did you talk to friends, relatives, business contacts or others on the telephone?			
1. every day	1	socnet5	64
2. several times	2		
3. once	3		
4. not at all	4		
4. Of all your neighbors, about how many do you know well enough to visit with?			
1. 5 or more	1	socnet6	65
2. 3 or 4	2		
3. 1 or 2	3		
4. none	4		
5. About how often do you go to meetings or activities of clubs, other organizations, or informal gatherings or groups?			
1. a few times a week	1	socnet7	66
2. once a week	2		
3. 2 or 3 times a month	3		
4. once a month or less	4		

A. SOCIAL NETWORK (CONT'D)

CODING CATEGORY	VARIABLE NAME	COLUMN
		card 2

6. a. What clubs or organizations do you belong to? (LIST EACH BELOW. IF NONE, RECORD "NONE" AND SKIP TO QUESTION #7).

a. none	1		67
b. some	2		

b. How frequently do you usually attend meetings and/or activities of (NAME OF EACH ORGANIZATION)? (RECORD BELOW)

(a) Organization (DO NOT USE ABBREVIATIONS)	(b) Frequency of Attendance
1.	
2.	
3.	
4.	
5.	

MAJOR ORGANIZATION 1. church related 2. ethnic 3. service club 4. Sr. citizen club 5. historical artistic society 6. fitness/ sports/club 7. other 9. none		socnet9	68
Total Monthly Involvement 1. none 2. 1-5 times 3. 6-10 times 4. 11-15 times 5. more than 15		socnet10	69

7. How would you describe the way older people are treated in your community? (If asked to define "community" say "the city, or the area, in which you live.")

1. with very much respect	1	socnet11	70
2. with a fair amount of respect	2		
3. with some disrespect	3		
4. with much disrespect	4		

A. SOCIAL NETWORK (CONT'D)	CODING CATEGORY	VARIABLE NAME	COLUMN
			card 2
8. Would you say that older people are an active part of your community or are they sort of detached from the community?			
1. They are a very active part of the community.	1	socnet12	71
2. They are a somewhat active part of the community.	2		
3. They are somewhat detached from the community.	3		
4. They are very detached from the community.	4		
9. a. (CHILDREN)			
1. How many children have you had altoghether? _____ None ( )	0,1,2,3, 4,5,6,7, 8,9	socnet13	72
2. How many are still living? _____ None ( )	0,1,2,3, 4,5,6,7, 8,9	socnet14	73
3. What is the first name of each? (RECORD NAMES ON FORM)			
(ASK QUESTIONS 4-8 FOR EACH CHILD AND RECORD ON PAGE 5.)			
4. What is (NAME)'s age?			
5. How <u>far away</u> does (NAME) live?			
6. When did you last see (NAME)?			
7. <u>How often</u>, generally speaking, do you see (NAME)?			
8. When did you <u>last hear from</u> (NAME) by <u>telephone</u> or <u>letter</u>?			
b. (BROTHERS AND SISTERS)	(Total brothers and sisters up to 9)		
1. How many brothers and sisters did you have (not counting yourself)? Brothers _____ Sisters _____ None ( )	__	socnet15	74
2. How many brothers/sisters are still living? Brothers _____ Sisters _____ None ( )	__	socnet16	75
3. What is the first name of each? (RECORD NAME IN FORM)			

A. SOCIAL NETWORK (CONT'D)	CODING CATEGORY	VARIABLE NAME	COLUMN
			card 2
(ASK QUESTIONS 4-8 FOR EACH LIVING BROTHER AND SISTER AND RECORD ANSWERS ON PAGE 5).			
4. Is (NAME) older or younger than you?			
5. How far away does (NAME) live?			
6. When did you last see (NAME)?			
7. How often, generally speaking, do you see (NAME)?			
8. When did you last hear from (NAME) by telephone or letter?			
9. c. (OTHER FAMILY OR RELATIVES)			
1. Apart from the children, brothers and sisters about whom we have just talked, are there any other family or relatives whom you have seen or heard from within the last 6 months?			
a. Yes	1	socnet17	76
b. No	2		
2. What is the first name of each? (RECORD NAME IN FORM)			
(ASK QUESTIONS 3-7 FOR EACH RELATIVE AND RECORD ANSWERS ON PAGE 5.)			
3. What is the relationship of (NAME) to you?			
4. How far away does (NAME) live?			
5. When did you last see (NAME)?			
6. How often, generally speaking, do you see (NAME)?			
7. When did you last hear from (NAME) by telephone or letter?			

(LIST FIRST NAME) (CHILD)	Age	Sex M	Sex F	Distance From Here	Seen Last	Seen Frequency	Last Letter or Phone Call
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
Brothers	Older	Younger					
1.							
2.							
3.							
4.							
5.							
Sisters	Older	Younger					
1.							
2.							
3.							
4.							
5.							
Other Relatives	Relationship (specify)						
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							

CODING OF CONTACT WITH RELATIVES

CODING	Coding Category	Variable Name	Column
			card 2
1. Child within			
1. 5 miles	1	tchild1	77
2. 10 miles	2		
3. 50 miles	3		
4. 100 miles or more	4		
5. no children	5		
2. Brother within			
1. 5 miles	1	tbro1	78
2. 10 miles	2		
3. 50 miles	3		
4. 100 miles or more	4		
5. no brother	5		
3. Sister within			
1. 5 miles	1	tsis1	79
2. 10 miles	2		
3. 50 miles	3		
4. 100 miles or more	4		
5. no sister	5	--	
4. Other relatives within			
1. 5 miles	1	trel1	80
2. 10 miles	2		
3. 50 miles	3		
4. 100 miles or more	4		
5. no other relatives	5		
		id	card 3
		sex	1-3
5. Child contacted (seen, phone call or letter)		card 3	4
			5
1. today	1	tchild2	6
2. within past week	2		
3. within past month	3		
4. several times per year	4		
5. never	5		
6. no children	6		
6. Brother contacted (seen, phone call or letter).			
1. today	1	tbro2	7
2. within past week	2		
3. within past month	3		
4. several times per year	4		
5. never	5		
6. no brothers	6		

CODING (CONT'D)	Coding Category	Variable Name	Column
			card 3
7. Sister contacted (seen, phone call or letter).			
1. today	1	tsis2	8
2. within past week	2		
3. within past month	3		
4. several times per year	4		
5. never	5		
6. no sisters	6		
8. Other relatives (seen, phone call or letter)			
1. today	1	trel2	9
2. within past week	2		
3. within past month	3		
4. several times per year	4		
5. never	5		
6. no other relatives	6		

A. SOCIAL NETWORK (CONT'D)	Coding Category	Variable Name	Column
10. a. Is there <u>one</u> person that you feel <u>particularly close</u> to -- that is, somebody that you can be <u>completely yourself</u> with and in whom you have <u>complete trust</u> and <u>confidence</u>?			card 3
1. Yes	1	socnet18	10
2. No	2		
b. (IF "YES," ASK:) Who is that? (IF SPOUSE OR PERSON LIVING IN HOME, RECORD AND SKIP TO QUESTION 10 i).			
1. friend	1	socnet19	11
2. relative	2		
3. spouse	3		
4. professional (e.g. priest)	4		
5. none	5		
c. Is this person a man or a woman?			
1. man	1	socnet20	12
2. woman	2		
d. <u>How often</u> do you <u>see</u> (him/her)?			
1. daily	1	socnet21	13
2. weekly	2		
3. several times a month	3		
4. several times in 1 year	4		
e. Under <u>what circumstances</u> do you generally see (him/her)?	1. live with him her	socnet22	14
_____	2. church		
_____	3. visiting		
_____	4. having dinner		
_____	5. special occasion		
_____	6. business		
	7. sports		
	8. others		
f. About <u>how often</u> do you <u>talk</u> on the telephone or <u>write</u> to (him/her)?			
1. daily	1	socnet23	15
2. weekly	2		
3. several times a month	3		
4. several times in 1 year	4		

A. SOCIAL NETWORK (CONT'D)	Coding Category	Variable Name	Column
g. About how far away does (he/she) live from you? _____			card 3
h. Do you spend most of your time together just with each other, or are other people usually around?			
1. just with each other	1	socnet24	16
2. others usually around	2		
3. both	3		
i. When you are together, what do you usually do? _____ _____ _____	1.visit 2.play cards/ games 3.watch TV 4.house-hold tasks 5.crafts 6.dinner 7.go out 8.sports	socnet25	17
11. a. About how many people do you consider close friends?			
1. 1-5	1	socnet26	18
2. 6-10	2		
3. 11 or more	3		
4. none (IF "NONE" SKIP TO QUESTION 12)	4		
b. What kinds of things do you usually do with these friends? _____ _____ _____ _____	1.visit 2.crafts 3.watch TV 4.play cards 5.dinner 6.go out together	socnet27	19
c. About how often do these friends come to visit you here?			
1. daily	1	socnet28	20
2. weekly	2		
3. several times a month	3		
4. several times in 1 year	4		

A. SOCIAL NETWORK (CONT'D)	Coding Category	Variable Name	Column
d. About how often do you go to visit these friends in their homes?			
1. daily	1	socnet29	21
2. weekly	2		
3. several times a month	3		
4. several times in 1 year	4		
12. a. About how often do your neighbors come to visit you in your home?			
1. daily	1	socnet30	22
2. weekly	2		
3. several times a month	3		
4. several times in 1 year	4		
b. About how often do you go visit them in their homes?			
1. daily	1	socnet31	23
2. weekly	2		
3. several times a month	3		
4. several times in 1 year	4		
13. a. When you think about your neighbors do you think of any of them as personal friends?			
1. Yes	1	socnet32	24
2. No. (SKIP TO QUESTION #14)	2		
b. (IF "YES" ASK:) About how many neighbors would you say are your personal friends?			
1. 1-5	1	socnet33	25
2. 6-10	2		
3. 11 or more	3		
4. none	4		
c. Are they about the same age, younger, or older than you?			
1. same age (SKIP TO QUESTION #14)	1	socnet34	26
2. younger	2		
3. older	3		
4. all of the above	4		
14. Would you say you make friends more easily now, or less easily than when you were 45?			
1. more easily now	1	socnet35	27
2. less easily now	2		
3. no difference	3		

A. SOCIAL NETWORK (CONT'D)	Coding Category	Variable Name	Column
15. a. How important is it to you to have close friends that you see regularly? Very important, fairly important, somewhat important, or not important at all?			
1. very	1	socnet36	28
2. fairly	2		
3. somewhat	3		
4. not at all	4		
b. How about when you were 45 -- how important was it then for you to have close friends that you saw regularly - - was it more important, about the same or less important than now?			
1. more important then	1	socnet37	29
2. about the same	2		
3. less important then	3		
16. Do you have as much contact as you would like with a person that you feel close to -- somebody that you can trust and confide in?			
1. Yes	1	socnet38	30
2. No	2		
17. Do you think that you see enough of your friends, relatives and neighbors?			
1. Yes	1	socnet39	31
2. No	2		
18. a. How often do you find yourself feeling lonely?			
1. never or hardly ever	1	socnet40	32
2. sometimes but not too often	2		
3. fairly often	3		
4. very often or always	4		
(IF "SOMETIMES" OR "OFTEN LONELY, ASK QUESTION 18b.)			
b. Do you think you might be less lonely when you (OR if you were to) move?			
1. Yes	1	socnet41	33
2. No	2		
c. Why/why not? _____		socnet42	34
_____	1.Yes-morepeople to talk to		
_____	2.No-have friends in present location		
_____	3.Yes-nearer to family		
_____	4.No difference		
	5.No-attached to home		

(LONELINESS)	Coding Category	Variable Name	Column
How lonely would you say this person (R) feels?			card 3
1. Frequently very lonely: R shows evidence of intense feelings of loneliness with frequent periods of weeping and desolation. Feels overwhelmed by loneliness at times.	1	lone	35
2. Often lonely: R feels lonely fairly often. Loneliness may be a "frequent companion", but feelings do not appear intense, and R is rarely or never overwhelmed by loneliness.	2		
3. Sometimes lonely: R does feel lonely at times, but generally feels satisfied with social contacts.	3		
4. Rarely lonely: R rarely or never feels loneliness. Seems generally gratified with social contacts. No apparent evidence of loneliness.	4		
(SOCIAL ADJUSTMENT)			
Existence of satisfactory or inadequate inter-personal relations with family, friends, e.g., excessive withdrawal, hostility, manipulation of others or dependence on others.			
1. Maintains active and satisfying relationships with family and friends, initiating contacts when appropriate.	1	socad	36
2. Adequate social relationships with family and friends but may be less active in sustaining them.	2		
3. May have had adequate inter-personal relationships in the past but currently showing some diminution of interest or minor problems in this sphere; may historically have had minor problems.	3		
4. Needs considerable encouragement and/or stimulation in inter-personal relationships; may have had life pattern of moderate disturbance in this sphere; less apt than formerly to be interested or concerned about others.	4		

(SOCIAL ADJUSTMENT CONT'D)

	Coding Category	Variable Name	Column
5. Unable at present to maintain personal relationships except minimally; may have had life-pattern of severe disturbance.	5		
6. Pathology sufficiently sever in sphere of inter-personal relationships as to require maximum management and control in mental hospital.	6		

B. MARRIAGE	Coding Category	Variable Name	Column
Interviewer: Ask these questions only of people who are currently married.			card 3
1. How many years have you been married? ____	__ exact number	yrsmar	37,38
2. What are the things you like most about marriage now?			
1. time we have to spend together	1	mar1	39
2. security (financial)	2		
3. companionship	3		
4. other	4		
3. What are the things you like least about your marriage now?			
1. lack of privacy	1	mar2	40
2. illness or incapacity of spouse	2		
3. demands spouse makes on my time	3		
4. lack of freedom to be involved in activities	4		
5. none	5		
6. other	6		
4. If you were having marital problems, whom would you talk to about them?			
1. friend	1	mar3	41
2. minister	2		
3. doctor	3		
4. therapist	4		
5. relative (who?)	5		
6. no one	6		
7. other	7		
5. What would you say has been the happiest period of your marriage?			
1. early marriage	1	mar4	42
2. children at preschool age	2		
3. children in elementary school	3		
4. children in high school	4		
5. after the children left home but before retirement	5		
6. after retirement	6		
7. all	7		

B. MARRIAGE (CONT'D)	Coding Category	Variable Name	Column
6. What has been the least happy period of your marriage?			
1. early marriage	1	mar5	43
2. children at preschool age	2		
3. children in elementary school	3		
4. children in high school	4		
5. after the children left home but before retirement	5		
6. after retirement	6		
7. none	7		
7. Which, if any of the following services and/or activities for older couples would you take part in if they were available?			
1. marriage enrichment courses	1	mar6	44
2. courses on sexuality and aging	2		
3. organized travel for couples	3		
4. organized social groups for couples such as bridge clubs	4		
5. courses on financial and estate planning	5		
6. none	6		

PERSONAL NEEDS AND RESOURCES

A. MORALE	Coding Category	Variable Name	Column
1. How would you describe your satisfaction with life in general at the present?			card 3
1. excellent	1	mor1	45
2. good	2		
3. fair	3		
4. poor	4		
2. Compared to your life today, do you think that one year from now you will be happier, about same as now, or less happy than now?			
1. happier	1	mor2	46
2. about the same	2		
3. less happy	3		
3. Do you usually expect that things will turn out well for you?			
1. Yes	1	mor3	47
2. No	2		
4. How much would you say you worry about things?			
1. not at all	1	mor4	48
2. not much	2		
3. fairly often	3		
4. a great deal	4		
5. Everybody has times when things seem to go the wrong way, or when luck does not seem on their side. During these times, how hard is it for you to deal with the problem squarely, with hopes that things will soon be better?			
1. very easy	1	mor5	49
2. somewhat easy	2		
3. somewhat hard	3		
4. very hard	4		
6. Lately, would you say you have been:			
1. very happy	1	mor6	50
2. fairly happy	2		
3. unhappy	3		

A. MORALE (CONT'D)	Coding Category	Variable Name	Column
7. Do you sometimes feel that life isn't worth living?			
1. Yes	1	mor7	51
2. No	2		
8. Compared to other older people, do you think your life is much better, somewhat better, somewhat worse, or much worse.			
1. much better	1	mor8	52
2. somewhat better	2		
3. somewhat worse	3		
4. much worse	4		
9. Do you sometimes feel unhappy because you think you are not useful?			
1. Yes	1	mor9	53
2. No	2		

LIFE SATISFACTION RATING SCALE:

	Coding Category	Variable Name	Column
			card 3

After interviewing each subject, the interviewer should think through the material then make a rating for the person on each of the scales.

ZEST VS. APATHY

To be rated here are enthusiasm of response and degree of ego-involvement -- in any of various activities, persons, or ideas, whether or not these are activities which involve R with people, are "good" or "socially approved" or "status-giving". Thus, R who "just loves to sit home and knit" rates as high as R who "love to get out and meet people". Although a low rating is given for listlessness and apathy, physical energy per se is not to be involved in this rating. Low ratings are given for being "bored with most things;" for "I have to force myself to do things;" and also for meaningless (and unenjoyed) hyper-activity.

	Coding Category	Variable Name	Column
5. . . . Speaks of several activities and relationships with enthusiasm. Feels that "now" is the best time of life. Loves to do things, even sitting at home. Takes up new activities; makes new friends readily, seeks self-improvement. Shows zest in several areas of life.	5	zest	54
4. . . . Shows zest, but it is limited to one or two special interests, or limited to certain periods of time. May show disappointment or anger when things go wrong, if they keep him from active enjoyment of life. Plans ahead, even though in small time units.	4		
3. . . . Has a bland approach to life. Does not seem to get much pleasure out of the things he does. Seeks relaxation and a limited degree of involvement. May be quite detached (aloof) from many activities, things, or people.	3		
2. . . . Thinks life is monotonous for the most part. May complain of fatigue. Feels bored with many things. If active, finds little meaning or enjoyment in the activity.	2		
1. . . . Lives on the basis of routine. Doesn't think anything worth doing.	1		

SELF-CONCEPT

R's concept of self-physical as well as psychological and social attributes. High ratings to R who is concerned with grooming and appearance; who thinks of himself as wise, mellow (and thus is comfortable in giving advice to others); who feels proud of his accomplishments; who feels he deserves whatever good breaks he has had; who feels he is important to someone else. Low ratings are given to R who feels "old" -- weak, sick, incompetent; who feels himself a burden to others; who speaks disparagingly of self or of old people.

	Coding Category	Variable Name	Column
			card 3
5. . . . Feels at his best. "I do better work now than ever before." "There was never any better time." Thinks of self as wise, mellow; physically able or attractive; Feels he has the right to indulge himself.	5	concept	55
4. . . . Feels more fortunate than the average. Is sure that he can meet the exigencies of life. "When I retire, I'll just substitute other activities." Compensates well for any difficulty of health. Feels worthy of being indulged. "Things I want to do, I can do, but I'll not overexert myself." Feels in control of self in relation to the situation.	4		
3. . . . Sees self as competent in at least one area, e.g., work; but has doubts about self in other areas. Acknowledges loss of youthful vigor, but accepts it in a realistic way. Feels relatively unimportant, but doesn't mind. Feels he takes, but also gives. Senses a general, but not extreme, loss of status as he grows older. Reports health better than average.	3		
2. . . . Feels that other people look down on him. Tends to speak disparagingly of older people. Is defensive about what the years are doing to him.	2		
1. . . . Feels old. Feels in the way, or worthless. Makes self-disparaging remarks. "I'm endured by others."	1		

MOOD TONE

High ratings for R who expresses happy, optimistic attitudes and mood; who uses spontaneous, positively-tones affective terms for people and things; who takes pleasure from life and expresses it. Low ratings for depression, "feel blue and lonely;" for feelings of bitterness; for frequent irritability and anger. (Here we consider not only R's verbalized attitudes in the interview, but make inferences from all we know of his inter-personal relationships, how others react toward him.)

	Coding Category	Variable Name	Column
5. . . . "This is the best time of my life." Is nearly always cheerful, optimistic. Cheerfulness may seem unrealistic to an observer but R shows no sign of "putting up a bold front."	5	mood	56
4. . . . Gets pleasure out of life, knows it and shows it. There is enough restraint to seem appropriate to a younger person. Usually feels positive affect. Optimistic.	4		
3. . . . Seems to move along on an even temperamental keel. Any depressions are neutralized by positive mood swings. Generally neutral-to-positive affect. May show some irritability.	3		
2. . . . Wants things quiet and peaceful. General neutral-to-negative affect. Some depression.	2		
1. . . . Pessimistic, complaining, bitter. Complains of being lonely. Feels "blue" a good deal of the time. May get angry when in contact with people.	1		

B. DEPENDENCE - INDEPENDENCE	Coding Category	Variable Name	Column
			card 3
1. Would you say that most older people you know think of themselves as being:			
1. independent financially and requiring little or no help of that kind	1	depend1	57
2. semi-independent (in the main, self-supporting financially but sometimes in need of some help)	2		
3. largely dependent (in need of financial help and support for much of the time)	3		
4. completely dependent (in need of constant financial support and help)	4		
2. How important do you think independence is to older people in general?			
1. very important	1	depend2	58
2. fairly important	2		
3. not important at all	3		
3. Are you able to do most of the things that you enjoy doing?			
1. usually	1	depend3	59
2. sometimes	2		
3. not very often	3		
4. Are you living here by choice or necessity?			
1. choice	1	depend4	60
2. both choice and necessity	2		
3. necessity	3		
5. If you were to consider moving from this place, how difficult do you think it would be to find another that you would like?			
1. very easy	1	depend5	61
2. pretty easy	2		
3. fairly difficult	3		
4. very difficult	4		
6. What things would you like help in obtaining, if the services were available to you?	yes no		
a. getting more money	1, 2	depend6	62
b. getting insurance (any kind)	1, 2	depend7	63
c. getting better housing	1, 2	depend8	64
d. getting better medical care	1, 2	depend9	65
e. getting better dental care	1, 2	depend10	66
f. getting work	1, 2	depend11	67
g. getting to and from places around town	1, 2	depend12	68
h. housework, including the fixing of meals	1, 2	depend13	69
i. having enjoyable things to do (recreation)	1, 2	depend14	70

B. DEPENDENCE - INDEPENDENCE (CONT'D)	Coding Category	Variable Name	Column
j. meeting people	1, 2	depend15	71
k. friendly visiting at home	1, 2	depend16	72
l. legal matters	1, 2	depend17	73
m. other _____	1, 2	depend18	74
n. none	1, 2	depend19	75
7. What things would give you a more pleasant life?			
a. none (satisfied)	1, 2	depend20	76
b. more adequate housing	1, 2	depend21	77
c. more companionship	1, 2	depend22	78
d. more medical care	1, 2	depend23	79
e. more activities for elderly people	1, 2	depend24	80
			card 4
		id	1-3
		sex	4
		card 4	5
f. transportation	1, 2	depend25	6
g. higher social security benefits or other financial assistance	1, 2	depend26	7
h. other	1, 2	depend27	8
C. SEXUALITY			
Finally, we'd like to ask you some questions about sexuality. Please tell me whether you strongly agree, agree, disagree or strongly disagree with the following statements.			
1. Sex should be primarily for the purpose of having children.			
1. strongly agree	1	sexual1	9
2. agree	2		
3. disagree	3		
4. strongly disagree	4		
2. Sex should be primarily for pleasure.			
1. strongly agree	1	sexual2	10
2. agree	2		
3. disagree	3		
4. strongly disagree	4		
3. Older men need sex more than older women.			
1. strongly agree	1	sexual3	11
2. agree	2		
3. disagree	3		
4. strongly disagree	4		

C. SEXUALITY (CONT'D)	Coding Category	Variable Name	Column
4. Older people have less interest in sex than younger people.			
1. strongly agree	1	sexual4	12
2. agree	2		
3. disagree	3		
4. strongly disagree	4		
5. Younger people tend to be disapproving of sexual activity of older people.			
1. strongly agree	1	sexual5	13
2. agree	2		
3. disagree	3		
4. strongly disagree	4		

APPENDIX 2

Frequency of Contact with Social Network Scale

1. How often did you visit in person with a family member last week (not spouse):

   a. Every day
   b. A few times
   c. Once a week
   d. Not at all

2. How often did you visit in person with friends, or neighbours, last week:

   a. Every day
   b. A few times
   c. Once a week
   d. Not at all